

# Seasoned Popcorn

Culinary Medicine, Nutrition Services

Serves: 4, Serving Size: 1/2 cup

Equipment: pot with lid, bowl

## Ingredients

- 1/4 cup canola oil or coconut oil
- 1/2 cup corn kernels
- 1 tablespoon of flaky sea salt
- 3/4 teaspoon fresh cracked pepper

### Personalize It! Optional seasonings:

nutritional yeast, green herb mix, taco seasoning, mushroom powders, smoked paprika, curry powder, chili powder and lime zest, cocoa powder, cinnamon

## Instructions

1. Heat oil and a few popcorn kernels in a large, heavy-bottomed pot over high heat.
2. When kernels pop, add remaining kernels and cover.
3. Remove from heat and let stand for 30 seconds.
4. Return to heat and cook, shaking pot frequently, until popping stops, 1 to 2 minutes.
5. Toss with desired seasonings (adding more to taste).
6. Transfer to a bowl and serve immediately.



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## Why We Like This Recipe

Homemade popcorn lets you create the exact flavor you are craving and manage what ingredients are added while saving you money!

### Chef's Notes:

- Timing of home-popped corn will vary from pot to pot, stove to stove, and oil to oil. Stay alert and ready to go until you get the hang of it! It's fun, nostalgic, entertaining, and memorable.

### Nutrition Notes:

- Fresh popped corn is a great low-calorie source of gut-health supporting fiber. Popping your own helps you avoid artificial flavors and excess salt.

### Gardener's Notes:

- You can't pop just any corn! Popcorn comes from a specific variety with a starchy inside and hard outer shell that pops when heated from the buildup of steam. The good news is that popcorn thrives in cooler climates and can be grown in Vermont and New York climates!



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