

Stovetop Popcorn

Microwave popcorn can be loaded with artificial ingredients to copy that movie theater butter taste we typically think of. Even the “healthy” versions can still be full of the fake stuff.

Make our fresh stovetop popcorn using 3 simple ingredients to make tasty popcorn without all the unwanted extras. This is the perfect whole grain snack for family movie night or any day of the week!

Ingredients:

2 tablespoons olive oil
1/2 cup popcorn kernels
1/8 teaspoon salt

Directions:

1. Add oil into a large pot with a tight fitting lid. Swirl the pot to evenly distribute the oil. Add the popcorn kernels and spread into a single layer.
2. Cover the pot and turn the heat to low. Cook covered until all the kernels have popped and you no longer hear popping sounds, about 5 minutes.
3. Remove popcorn from heat and toss lightly with salt. Serve and enjoy!

Yield: 4 servings (1 popped cup per serving)

Nutrition Facts:

90 Calories; 7g Fat (1g Saturated Fat, 0g Trans Fat); 0mg Cholesterol; 78mg Sodium; 6g Carbohydrate (1g Fiber, 0g Sugar); 1g Protein; 0% Daily Value (DV) Vitamin A; 0% DV Vitamin C; 0% DV Calcium; 2% DV Iron

Recipe

