



Brown Bag Popcorn

Recipe Source: www.marthastewart.com

Serves 1 (3 cups)

Ingredients:

2 Tbsp popcorn kernels

Cheesy Garlic Popcorn:

1 tsp olive oil

1 Tbsp grated Parmesan cheese

¼ tsp coarse salt

¼ tsp dried thyme

¼ tsp garlic powder

Mexican Chocolate Popcorn:

1 tsp olive oil

1 Tbsp cocoa powder

2 tsp powdered sugar

1/8 tsp cinnamon

1/8 tsp coarse salt

Steps:

- Place the popcorn kernels in a paper lunch bag. Fold the top down twice to close, and microwave until popping slows, about 2-3 minutes.
- To season, toss the hot popcorn (still in the bag) with the olive oil. In a small bowl, combine the remaining ingredients of the seasoning blend you choose. Add to the paper bag and shake to mix well.

Tips from the Test Kitchen: This is an easy and inexpensive way to enjoy wholesome popcorn as a healthy snack, with the flavor kicked up!

Cheesy Garlic Popcorn Nutritional Facts (per serving): Calories: 157, Carbohydrates: 20 grams, Protein: 5 grams, Total Fat: 7 grams, Saturated Fat: 2 grams, Cholesterol: 4 mg, Sodium: 674 mg, Fiber: 4 grams, Total Sugars: 0 grams.

Mexican Chocolate Nutritional Facts (per serving): Calories: 165, Carbohydrates: 27 grams, Protein: 4 grams, Total Fat: 6 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 294 mg, Fiber: 6 grams, Total Sugars: 5 grams.