

Homemade Popcorn

Ingredients

½ cup unpopped corn
Canola, vegetable, or grapeseed oil

Directions

Find a large, heavy pot with a lid. Generously coat the bottom of the pan with oil and dump in about 1/2 cup of unpopped corn.

Stay near the pot until the corn begins to pop. Shake it every thirty seconds or so.

When it's done popping, season it with your favorite ingredients!



Topping Ideas:
Cajun Seasoning
Old Bay Seasoning
Sea Salt & Pepper
Salt & Vinegar
Sugar & Cinnamon
Parmesan Cheese

Not only is home-popped corn delicious, it's cheap too! A bag of popcorn kernels in the grocery store is just 4 cents per ounce, while microwave brands cost three to six times as much.

Americans consume about 17 billion quarts of this whole grain, healthy treat. That's 54 quarts per person! Compared to most snack foods, popcorn is low in calories. Air-popped popcorn has only 31 calories per cup. Oil-popped is only 55 per cup.