






# Healthier Popcorn Recipes

Start with 1/2 cup popcorn kernels (which will yield about 12 cups popped popcorn) and cook however it is easiest for you: stovetop or air popper. To cook popcorn on the stove top, place popcorn in a large saucepan. Add 2 tablespoons grapeseed oil, canola oil, or butter, cover, and cook over moderate heat until corn starts to pop. Move the pan side to side over the burner to prevent popcorn from burning. When the popping begins to slow down, remove the pan from the heat. Keep the lid on the pan until the corn stops popping.

	Recipe	Notes
<b>Dill Pickle Sprinkle</b> 	12 cups popped popcorn 1 tablespoon coriander seeds 1 teaspoon kosher salt 1/2 teaspoon mustard seeds 1/2 teaspoon garlic powder 1/2 teaspoon onion powder 1/2 teaspoon dill seed 1/2 teaspoon citric acid 1 teaspoon dried dill	Mix all ingredients together. Put popcorn into large bowl. You may want to lightly drizzle popcorn with a heart healthy oil (such as extra virgin olive oil) or use 2 tablespoons melted butter. Then sprinkle on the topping and mix well.
<b>Spicy Nori Popcorn</b> 	2 pieces nori (dried seaweed), crumbled 2 tablespoon toasted sesame seeds 1 tablespoon togarashi chile seasoning 1/2 teaspoon salt	In a food processor, pulse first four ingredients to a fine powder. You may want to lightly drizzle popcorn with a heart healthy oil (such as extra virgin olive oil) or use 2 tablespoons melted butter. Then sprinkle on the topping and mix well.
<b>Wasabi Coconut Popcorn</b> 	2 cup sweetened coconut, toasted (no propylene glycol) 2 cup wasabi peas 1 1/2 cup raisins 1 1/2 cup crispy wheat sticks or crispy chow mein noodles or gluten free versions 1 cup salted (or unsalted) pumpkin seeds, shelled 1/2 teaspoon salt 1 1/2 teaspoon curry powder	Add ingredients to popcorn and mix well.  Ginger is also an option
<b>Smoky Almond</b> 	2 cup(s) Marcona (or domestic) almonds 1 teaspoon Spanish paprika 1/2 teaspoon salt 1/4 cup chopped fresh cilantro 1/2 cup dried cranberries	Add ingredients to popcorn and mix well.
<b>Pizza Popcorn</b> 	1/2 cup finely grated Parmesan 1 teaspoon dried oregano 1 tablespoon finely chopped sun-dried tomatoes 1/4 teaspoon red pepper flakes 1/4 teaspoon garlic powder 1 tablespoon olive oil	Mix dry ingredients in separate bowl. Drizzle oil on popcorn and then add other ingredients and mix well.

## SMALLER PORTION SERVINGS (1 ½ heaping tablespoons of kernels makes 3 cups popcorn)

### Rosemary Parmesan



3 cups popped popcorn  
 1 teaspoon olive oil  
 1 teaspoon finely chopped fresh rosemary  
 1 tablespoon grated Parmesan cheese  
 Optional- black pepper

In a small bowl, mix well to coat evenly.

### Pina Colada Popcorn



3 cups popped popcorn  
 1 tsp coconut oil  
 1 ring dried pineapple  
 2 teaspoons sweetened coconut flakes (no propylene glycol)  
 1/8 teaspoon salt

Melt coconut oil over low heat in a small sauté pan for about 15 seconds, or microwave on High in a small glass dish for 30 seconds. Place popped popcorn in a small bowl and drizzle with oil. Sprinkle with finely chopped dried pineapple, sweetened coconut flakes, and salt, then toss well to coat evenly.

### Curry Chipotle Popcorn



3 cups popped popcorn  
 1 ½ teaspoon olive oil, grapeseed oil, coconut oil or canola oil  
 1/2 teaspoon curry powder  
 1/4 teaspoon ground chipotle or chili powder  
 1/8 teaspoon salt  
 Cashews optional

In a small sauté pan, heat oil, curry powder, teaspoon ground chipotle or chili powder, and salt over a low flame and whisk gently for 1 to 2 minutes, until oil begins to bubble. Drizzle onto 3 cups popped popcorn in a small bowl, then toss well to coat evenly.

### Lemon Dill



3 cups popped popcorn  
 1 teaspoon olive oil  
 ½ teaspoon dill  
 1 teaspoon lemon zest  
 1/8 teaspoon salt

Place popcorn in a small bowl and drizzle with olive oil. Mix together oregano, dill, lemon zest, and salt. Sprinkle onto popcorn and then toss well to coat.

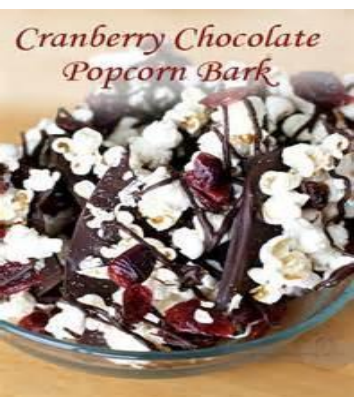
### Sugar 'n' Spice Popcorn



3 cups popped popcorn  
 1 teaspoon flaxseed oil  
 1 teaspoon powdered sugar  
 ½ teaspoon cinnamon  
 ¼ teaspoon ground nutmeg  
 1/8 teaspoon salt

Place popcorn in a small bowl and drizzle with flaxseed oil. Mix together powdered sugar, cinnamon, nutmeg, and salt. Sprinkle onto popcorn and then toss well to coat.

### Cran-Chocolate Popcorn



3 cups popped popcorn  
 ¼ cup dark chocolate chips (use Lilly's chips if you want to substitute the sugar for stevia)  
 ¼ cup dried cranberries  
 1/8 teaspoon salt  
 Optional- add unsalted nuts

Microwave dark chocolate chips in a small glass bowl until just beginning to melt (about 45 seconds). You can also melt chips in a double boiler on the stove top. Mix well with a rubber spatula until chocolate is about ¾'s of the way melted; some lumps should remain. Put popcorn in a medium bowl and top with melted chocolate. Sprinkle in salt and dried cranberries, then mix thoroughly. Place bowl in refrigerator for 10 minutes to harden chocolate.