

# Grown Up Popcorn

-adapted from Clean Eating Magazine April 2014



*-You can make your own popcorn using this recipe (ideal), but if not, please buy an air-popped type that doesn't have any added sugars or too much sodium. Shoot*

*for no more than 70 mg. sodium per cup popcorn.*

## **Ingredients:**

3 Tbsp. EVOO  
1/3 cup Popcorn Kernels, divided  
2 x 🖐️ finger pinches Kosher Salt, divided  
EVOO Cooking Spray, divided  
4 Tbsp. Freshly Grated Parmesan Cheese, divided  
Chopped Fresh Herbs

**Ideas:** Chives, Basil, Thyme, Tarragon, Sage, Cilantro, Italian Parsley

## **Directions:** -your pan needs a lid

**Step 1:** In a large sauté pan, heat EVOO on med-high heat, swirling to coat. Add 3 kernels and 1 pinch salt; cook with a lid slightly ajar until the 3 kernels pop.

**Step 2:** Remove pan from heat and immediately add remaining kernels. Cover with lid. Swirl kernels around pan into a single layer. Keep pan off heat for 30 seconds; return to heat with lid slightly ajar again. Gently shake pan side-to-side until popping becomes less frequent. Remove from heat and immediately transfer to a large bowl.

**Step 3:** Mist popcorn with Olive Oil spray. Add 2 Tbsp. Parmesan and herbs; toss to combine. Repeat this process with remaining ingredients;

topping with remaining pinch salt.



➔Remember to add your unit requirement of protein to the popcorn!

➔Jerky is a suggestion.

You can use Turkey, Beef, Buffalo, Salmon or Ahi Jerky. **Not Teriyaki** though.

➔You can have ANY protein choice in place of Jerky *in your unit portion*.

➔The gram amount below is based on the grams in relationship to the macro nutrient value, NOT the weight of the food source.

➔The fat is included with the popcorn

## **2 Unit Portion:**

2 cups popcorn (18 g. TOTAL Carbs)  
1 oz. jerky (14 g. protein)

## **3 Unit Portion:**

3 cups popcorn (27 g. TOTAL Carbs)  
1.5 oz. jerky (21 g. protein)

## **4 Unit Portion:**

4 cups popcorn (36 g. TOTAL Carbs)  
2 oz. jerky (28 g. protein)

## **5 Unit Portion:**

Up to 5 cups popcorn (45 g. TOTAL Carbs)  
2.5 oz. jerky (35 g. protein)

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