



A SNACK THAT REALLY POPS

MICHELLE DUDASH



**Healthy
Dish**
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There is a time and place for microwave popcorn. Like when your 3-year-old is begging for it while you're in the midst of drilling through your crammed to-do list, or when you're desperately scrounging around the office for an afternoon snack. But if you're settling onto your cozy sofa to watch a favorite movie on a Saturday night, you're craving really good popcorn to munch. That's when it's worth taking a few minutes to whip up a batch of the real stuff — popped popcorn.

The foundation of this recipe is popping corn, oil and salt. Cooking popcorn in oil replaces the need for dousing it in butter afterward, like you might with the air-popping technique. I sprinkle rosemary, garlic and black pepper on my hot popcorn for added pep and incredible flavor. No matter how you season it, popcorn on its own is a whole grain, serving up more than 3 grams of fiber per 3-cup serving. Even better, homemade popcorn is free of partially hydrogenated oils, excess saturated fat, sodium and artificial flavorings, unlike many pre-seasoned microwave varieties.

Experiment with flavor combinations like aged Cheddar-chive, cumin-Cotija and chile-Manchego.

Be sure to store kernels in an airtight container, because moisture in the kernels contributes to the volume of pop, and dried-out kernels may not pop at all.

Stovetop Rosemary-Parmesan Popcorn

- ¼ cup expeller-pressed canola oil
- ¾ cup popping corn
- 1 tablespoon plus 2 teaspoons chopped fresh rosemary
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup shaved and chopped Parmesan cheese

Pour oil in a 2-gallon pot over medium heat. When oil begins to shimmer, add kernels and vigorously shake pan back and forth to coat evenly. Cover with a lid and listen for kernels to begin popping within a few minutes. Continue to cook until popping slows to every 3 to 5 seconds. Remove from heat, immediately sprinkle with rosemary, garlic powder, salt and pepper, and toss gently with a heatproof silicon spatula or wooden spoon. Cool for 1 minute and stir in Parmesan. Serve immediately.

Cooled popcorn can be stored in an airtight container for 2 days.

Makes 4 servings, 3 cups each.

Per serving: 246 calories, 17 g total fat (2 g saturated fat, 0 trans fat), 277 mg sodium, 5 mg cholesterol, 19 g total carbohydrate, 3.5 g fiber, 6 g protein.