



Popcorn!

Adapted from Leanne Brown's *Good and Cheap*



Ingredients

- | | |
|--------------------------|---------------------|
| • 1/3 cup popcorn | Yield: 4 cups |
| • 2 tbsp. vegetable oil | Serving size: 1 cup |
| • 2 tbsp. butter, melted | |



Directions

Total Cost: \$1.00 Serving Cost: \$.025

1. Place a large pot with a tight-fitting lid on the stove. Pour in the vegetable oil, then the popcorn kernels. Put the lid on and turn the heat to medium.
2. Using pot holders or oven mitts, occasionally shake the pot from side to side to make sure the kernels are evenly distributed in the oil. Once the popcorn begins to pop, turn the heat down to medium-low and gently shake again.
3. Once the popping slows down to 5 to 10 seconds between pops, turn the heat off. Wait until you're sure the corn has stopped popping and remove the lid.
4. Move the popcorn to a bowl and pour butter, salt, and other spices or toppings over top. Gently toss to coat it evenly.
5. This recipe makes about 10 to 12 cups of popped popcorn—enough for four people. Eat it while it's hot!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Popcorn!

Adapted from Leanne Brown's *Good and Cheap*



Ingredients

- | | |
|--------------------------|---------------------|
| • 1/3 cup popcorn | Yield: 4 cups |
| • 2 tbsp. vegetable oil | Serving size: 1 cup |
| • 2 tbsp. butter, melted | |



Directions

Total Cost: \$1.00 Serving Cost: \$.025

1. Place a large pot with a tight-fitting lid on the stove. Pour in the vegetable oil, then the popcorn kernels. Put the lid on and turn the heat to medium.
2. Using pot holders or oven mitts, occasionally shake the pot from side to side to make sure the kernels are evenly distributed in the oil. Once the popcorn begins to pop, turn the heat down to medium-low and gently shake again.
3. Once the popping slows down to 5 to 10 seconds between pops, turn the heat off. Wait until you're sure the corn has stopped popping and remove the lid.
4. Move the popcorn to a bowl and pour butter, salt, and other spices or toppings over top. Gently toss to coat it evenly.
5. This recipe makes about 10 to 12 cups of popped popcorn—enough for four people. Eat it while it's hot!

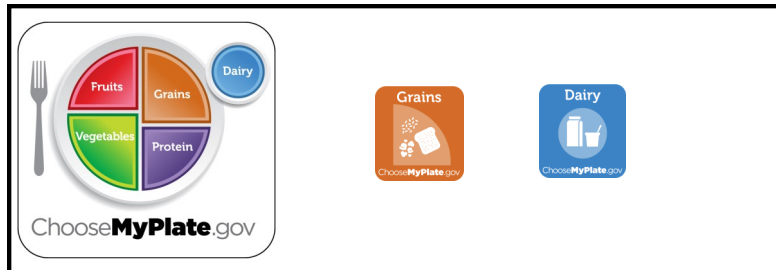
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips



Get creative and add your own spices!
Here are some of our favorite ideas:

- Cayenne + Smoked Paprika
- Turmeric + Coriander
- Scallion + Cilantro
- Parmesan + Black Pepper
- Brown Sugar + Orange Zest
- Chili Powder + Lime

Nutrition Facts



Popcorn	
Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	188.5
% Daily Value*	
Total Fat	13.5 g 17 %
Saturated Fat	4.8 g 24 %
Trans Fat	0.3 g
Cholesterol	15.3 mg 1 %
Sodium	47.2 mg 2 %
Total Carbohydrate	15.6 g 6 %
Dietary Fiber	2.9 g 10 %
Total Sugars	0.2 g
Added Sugars	- g - %
Protein	2.6 g
Vitamin D	0 mcg 0 %
Calcium	3.1 mg 0 %
Iron	0.6 mg 4 %
Potassium	67.5 mg 1 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Full info at cronometer.com	

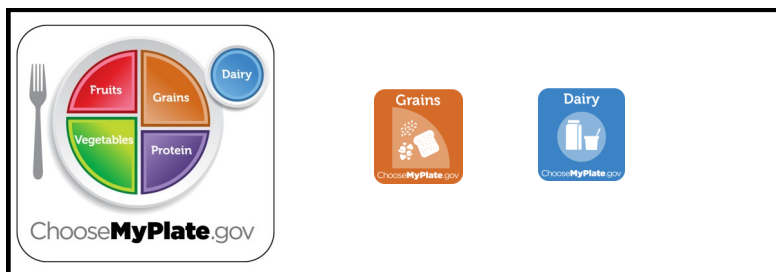
Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Cooking Tips



Get creative and add your own spices!
Here are some of our favorite ideas:

- Cayenne + Smoked Paprika
- Turmeric + Coriander
- Scallion + Cilantro
- Parmesan + Black Pepper
- Brown Sugar + Orange Zest
- Chili Powder + Lime

Nutrition Facts



Popcorn	
Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	188.5
% Daily Value*	
Total Fat	13.5 g 17 %
Saturated Fat	4.8 g 24 %
Trans Fat	0.3 g
Cholesterol	15.3 mg 1 %
Sodium	47.2 mg 2 %
Total Carbohydrate	15.6 g 6 %
Dietary Fiber	2.9 g 10 %
Total Sugars	0.2 g
Added Sugars	- g - %
Protein	2.6 g
Vitamin D	0 mcg 0 %
Calcium	3.1 mg 0 %
Iron	0.6 mg 4 %
Potassium	67.5 mg 1 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Full info at cronometer.com	

Second Harvest is an equal opportunity provider.