

Week 3: BBQ popcorn recipe

Barbeque Popcorn

Yield: 2 cups

Cook Time: 5 minutes

Ingredients:

- 2 cup popcorn kernels
- 4 tbsp canola oil
- 4 tbsp olive oil
- 2 tsp onion powder
- 1 tsp ancho chili powder, ground
- 1/8 tsp ground cumin
- 1/4 tsp ground black pepper
- 2 tbsp grated parmesan cheese
- 2 oz barbecue sauce

Instructions:

- Prepare popcorn with canola oil and heat covered until popped on stove top.
- In a small bowl, combine onion powder, chili powder, black pepper, cumin, BBQ sauce and oil. In a large bowl, toss the popcorn with barbeque sauce mixture and sprinkle with parmesan cheese.

Nutrition Tip: Did you know popcorn is a whole grain? You can flavor your popcorn with any spice and herb combo you love. You can substitute kernels for microwavable popcorn bags for a faster, no mess solution.

Nutrition Info Per Serving: 100 calories, 5 g total fat, 15 g of carbs, 4 g fiber, 52 mg of sodium, 3 g protein