

# Home- Made Microwaved Air Popped Popcorn



1. Place kernels into a paper bag and fold it over twice to close the bag.

Kernels

1 ½ tablespoons

2. Place bag with kernels in microwave on high for 1 minute 45 seconds to 2 minutes.

\* popcorn is done when popping slows\*

3. Remove bag from microwave and open carefully (hot air will escape from bag).

4. Place popcorn in bowl and season as desired.

Margarine

1 tablespoon

Salt and/or pepper

to taste

*Look on the back for different seasoning options.* →

Makes 3 cups of popcorn.

## Other Seasoning Options

**Lemon Dill:** Add the following to popcorn and mix well

olive oil	1 teaspoon
oregano	1 teaspoon
dill	½ teaspoon
lemon zest	to taste

**Mexican popcorn:** Add the following to popcorn and mix well

margarine	1 tablespoon
chili powder	¼ teaspoon
garlic powder	¼ teaspoon
dried thyme	¼ teaspoon
salt and pepper	to taste

**Parmesan & Herb popcorn:** Add the following to popcorn and mix well

margarine	1 tablespoon
parmesan cheese	2 tablespoon
dried oregano	½ teaspoon
garlic powder	¼ teaspoon
salt and pepper	to taste

Source: The Basic Shelf Life Cookbook, 2011