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EAT WELL, CARE WELL. HEALTHY SNACKING- POPCORN

One of my favorite memories associated with popcorn is when I was young and we were caring for my grandma. She was weak and didn't have much of an appetite and sometimes had a hard time chewing her food. My mom would take time to cut up her meat so she could chew it. One night my grandma told my mom that she couldn't chew the meat. About an hour later she asked my mom to make her popcorn. My mom got so upset and said, you can't chew this soft, cut up meat but you want popcorn? Yes, indeed, grandma wanted that popcorn and my mom made it for her with love and made us kids some too. We all enjoyed it while watching a favorite Saturday night show. I can still smell the popcorn and see the smile and contentment on my grandma's face. We all shared a laugh about this on many occasions. Food, and the memories associated with it, are very powerful.

Popcorn is a powerhouse whole grain food which is a high-quality carbohydrate source that is not only low in calories, but a great source of fiber and antioxidants. Compared to many snack foods, popcorn is low in calories. Air-popped popcorn has only 30 calories per cup.

WEEKLY CHALLENGES

HAVE POPCORN FOR
A SNACK AT LEAST
ONCE THIS WEEK

TRY ONE OF THE
FLAVORED
POPCORN RECIPES

TRY POPCORN
CAKES INSTEAD OF
BREAD AS A FINGER
FOOD BASE

SHARE A MEMORY
ASSOCIATED WITH
POPCORN

DID YOU KNOW?

A LARGE POPCORN
AT THE MOVIE
THEATER CAN HAVE
~1000 CALORIES
AND 50 GRAMS OF
SATURATED FAT!

QUICK, HEALTHY AND DELICIOUS RECIPES

You don't have to buy microwave or bagged, pre-popped popcorn. Make your own!

Do It Yourself Microwave Popcorn

- ¼ cup popping corn
- Olive Oil
- Lunch-size brown paper bag

Drizzle small amount of olive oil over kernels, and toss until coated. (Use enough to cover kernels but not saturate them.) Place the kernels in the paper bag and roll the top of the bag over twice. Place in the microwave, seam side down, and cook on high for 2 minutes. Sprinkle with seasoning of your choice or enjoy plain!

Source: <https://wholegrainscouncil.org/blog/2012/03/popcorn-perfect-snack-food>



Photos by Pam VanKampen, RDN

If you use microwave popcorn, select one that is 94% fat free. Enjoy it right out of the bag or try this easy twist for a savory treat.

Ingredients:

- 1 bag 94% fat free microwave popcorn- Popped
- Spray margarine
- Garlic-Herb salt-free seasoning or other herb/salt-free seasoning blend of your choice such as dill, oregano, etc.
- Parmesan Cheese
- Baking sheet lined with parchment paper



Preheat oven to 350 degrees F. Microwave the popcorn. While the popcorn is popping, line a baking sheet with parchment paper. Once the popcorn is popped, spread it evenly on the baking sheet. Spray the popcorn lightly with the margarine. Sprinkle on the seasoning and some parmesan cheese. Bake at 350 degrees for 2-4 minutes, just until the cheese begins to melt. Enjoy! (Pam VanKampen, RDN)

MORE RECIPES CAN BE FOUND AT:

<https://recipes.popcorn.org/category/good-for-you-snacks>