

Ingredients:

1/2 cup popcorn kernels
1/4 cup canola oil

Popcorn
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Directions:

1. Wash your hands with soap and warm water.
2. Heat canola oil in a large pot over medium-high heat, along with 4 popcorn kernels.
3. Once all 4 kernels have popped, add rest of kernels and put lid on pot. Shake pot continuously over heat (to prevent burning) until popping slows and stops.
4. Remove from heat and add any seasonings you'd like.

Nutrition Facts (Per Serving)

Calories, 105; Carbohydrate, 9 g; Protein, 1 g; Total Fat, 8 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 1 g; Total Sugars, 3 g; Sodium, 1 mg; Calcium, 1 mg; Folate, 7 mcg; Iron, 0 mg; Percent Calories from Fat, 69%.

Makes 8 servings, approximately 2 cups each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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