



## DIY Microwave Popcorn {Popped to Perfection}

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Close your eyes and envision opening a bag of popcorn just out the microwave, watching the steam escape and inhaling the unforgettable aroma of delicious, buttery popcorn. Does your mouth immediately start to water? Does your mind wander to childhood memories? Now, where's the popcorn?!

I've eaten my fair share of microwave popcorn over the years, but once I started looking closer at the ingredient lists (WHY do you need silicon dioxide, isomalt or soy lecithin in popcorn?!) and reading about the [potential health concerns](#) of microwave popcorn, I set out to find a healthier, portable, DIY option that captures the warm, fluffy goodness of popcorn without additives or preservatives.

### Popped Perfection

Popcorn, when prepared correctly, can be a healthy snack option. However, we're not talking about the butter drenched movie theater variety which the [Center for Science in the Public Interest](#) found can have up to 1,600 calories and 60 grams of saturated fat per serving – equivalent in calories to eating 2 personal pan pepperoni pizzas! In comparison, 1 cup of air-popped popcorn has about 30 calories and 0 grams of fat.

Popcorn is an unprocessed, GMO free (that's right, even though almost 90% of corn in the US is genetically modified, [GMO popcorn doesn't exist!](#)) whole grain that is naturally low in fat and calories and is a good source of fiber. Two tablespoons of unpopped kernels yield about 2-3 cups of popped popcorn. Pair that with some nuts or cheese and you have the perfect snack!

Check out this fascinating infographic and short video explaining [how popcorn pops](#).

### 2 Ingredient Microwave Popcorn

Growing up, my mom often made stovetop popcorn and I remember watching in amazement as the popcorn kernels magically started doing their infamous song and dance, wondering if they would explode out of the pot. I still use this [traditional stovetop method](#) when I need larger batches of popcorn, but it didn't address the issue of portability. I enjoy popcorn as part of an afternoon snack but I don't have a full kitchen at work (as most of us don't!)...insert the microwave!

You can make microwave popcorn without worrying about potential health concerns from additives, unnecessary ingredients and packaging materials by using only 2 base ingredients {plus a microwave of course!}. All you need is a brown paper bag and popcorn kernels. That's it!

## DIY Microwave Popcorn

Makes 1 Serving

### Ingredients

2-4 Tbsp whole popcorn kernels  
1 brown paper lunch bag

### Directions

1. Place popcorn kernels in a brown paper lunch bag.
2. Fold the top of the bag down 2-3 times.
3. Place UPRIGHT in microwave.
4. Cook 1-2 minutes or until popping slows to 2-3 seconds between pops.
5. Stay close by! Popcorn quickly goes from perfect to burnt in the matter of a few seconds! It's best to err on the slightly under-popped side rather than scorch your snack.
6. Spray popcorn lightly with olive-oil spray or drizzle with olive oil or melted coconut oil, butter or ghee to help the seasonings adhere and sprinkle with desired seasoning (see ideas below).

**Note:** I've also read that you can use this technique [without a bag](#) but I haven't personally tested that method. Using an [air-popper](#) is another option but if your kitchen is bursting at its seams, save yourself the extra gadget!

### Personalize Your Popcorn

Now that you have perfectly popped microwave popcorn, it's time to get creative and add some spice to your popcorn! Lightly spray popcorn with olive oil spray or drizzle with olive oil or melted coconut oil, butter or ghee to help the seasonings adhere better. Then, sprinkle with any combination of seasonings you like. You can also keep it "old school" and enjoy it naked or with a simple dash of sea salt.