

Things I like to eat: POPCORN - my Way :)



I have written before on how great popcorn is ([see article](#)). That's because it is a whole grain. High-fiber whole grains have been linked to a lower risk of heart disease, diabetes, some cancers and other health problems. It also has more antioxidants than many fruits and veggies.

Needed

- Popcorn kernels, between 1/4 and 1/2 cup and a brown paper bag (a typical lunch bag is just the right size)

Directions adapted from [Taste of Home](#)

Step 1: Pour kernels into the bag

For a snack-size serving for one person, use 1/4 cup of kernels. Use 1/3 cup if you want a good-sized portion for two (or dinner for one, if it's been one of those days). To completely fill the paper bag with popped popcorn, use 1/2 cup of kernels. Pour the kernels directly into the bag. No need to add anything else!

Step 2: Close the bag

Fold the top of the bag over twice to prevent the kernels from spilling. If your microwave is on the small side, you might need to fold in each corner to allow the bag to spin freely as it heats.

Step 3: Pop the popcorn

Microwave the kernels on high heat for 1 to 3 minutes. The exact timing will vary depending on the type of kernels you use and your microwave's power. Keep an ear on the microwave and stop it once the popping slows and there are several seconds between pops. Let the bag sit for a minute before opening—the bag will be hot and a few more kernels will pop. After this you can spray lightly with oil and added a little flavor like a little sea salt or a little Stevia if you would like to make it sweet :)

Disclaimer: Brown paper bags aren't technically microwave safe (the U.S. Department of Agriculture's Food Safety and Inspection Service advises against putting brown paper bags in the microwave), but the paper bag method is a tried-and-true way to make homemade popcorn. I have been using it for awhile but you can also make it in on pot or buy a machine