



Dry Microwave Popcorn Bag

Ingredients

1/4 cup popping corn

1/4 teaspoon salt (optional)

Instructions

- In a brown paper lunch bag, combine popping corn with salt and fold the top of the bag over a couple of times.
- Microwave on high for 2 to 3 minutes, until there are 4 or 5 seconds between pops.
- Open the bag carefully, because steam will have built up.
- Enjoy as is, or toss with your favorite seasonings and a drizzle of butter or olive oil.

NUTRITION PER SERVING (BASED ON 1 SERVING): CALORIES: 150 | CARBOHYDRATES: 30G | PROTEIN: 5G | FAT: 2G | FIBER: 7G (BUTTER OR OIL WILL ADD ADDITIONAL CALORIES AND FAT)