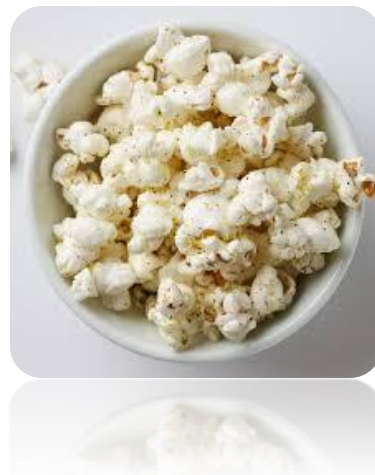


Lime and Parmesan Popcorn Oshkosh Community YMCA

Skip the bag of microwaved popcorn and satisfy a snack craving by making your own flavored popcorn. In this healthy popcorn recipe, we use Parmesan cheese, lime zest and a hint of chili powder, but feel free to use your favorite spices. For the best flavor, opt for olive oil cooking spray to help the toppings stick to the popcorn.

INGREDIENTS:

- 2 cups plain air-popped popcorn
- Olive oil cooking spray
- 1 tablespoon Parmesan cheese
- 1 teaspoon lime zest
- Pinch of chili powder
- Pinch of salt



INSTRUCTIONS:

1. Lightly coat popcorn with cooking spray; toss with Parmesan, lime zest, chili powder and salt.

NUTRITION

Servings Per Recipe 1

Serving Size 2 cups

Calories 113

	% Daily Value *
Total Carbohydrate 14g	5%
Dietary Fiber 3g	9%
Total Sugars 0g	
Protein 4g	7%
Total Fat 5g	6%
Saturated Fat 1g	6%
Cholesterol 4mg	1%
Vitamin A 131IU	3%
Vitamin C 3mg	3%
Folate 6mcg	1%
Sodium 244mg	11%
Calcium 47mg	4%
Iron 1mg	3%
Magnesium 25mg	6%
Potassium 68mg	1%

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.