

Holiday Paprika Popcorn

Serves 8



Ingredients

- 2 tablespoons canola oil (or other high heat oil)
- 1/3 cup popcorn kernels
- 2 tablespoons extra virgin olive oil
- 1 tablespoon paprika • 2 teaspoons garlic powder
- ½ teaspoon salt (or to taste)
- 1 teaspoon dried parsley

Directions

1. In a large stock pot, heat the oil and 3-4 kernels of popcorn, covered, over medium heat until all kernels pop.
2. Pour in the remaining kernels, cover pot and shake to distribute. Remove pot from heat for 30 seconds. Return pan to heat, shaking pan continuously, leaving the lid slightly ajar for crisper popcorn, if possible. To do this, you can wear two oven mitts (ones that cover your wrists or beyond are best), hold the lid slightly ajar while holding onto the pot handles and shaking the pan as pictured. If you have a lid with a vent, you could just open the vent, or use any other preferred popcorn popping method.
3. When popping slows to 2-3 seconds between pops, remove from heat. Pour popcorn into a large bowl, removing any unpopped or partially popped kernels.
4. Combine the paprika, garlic powder, and salt.
5. Drizzle the olive oil over the popcorn, then sprinkle with the spice mixture. Toss to combine. Add more spices if desired. Garnish with parsley and serve.

Recipe from [Healthier Holiday Treats cooking class, Fall 2017](#)