

# Parmesan Thyme Popcorn



VEGETARIAN



GLUTEN FREE

## Ingredients

- ¼ cup grated Parmesan cheese, finely grated
- 1 teaspoon ground thyme
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 8 cups plain air-popped popcorn, still warm
- Cooking spray

## Directions

1. In a small bowl, mix together cheese, thyme, garlic powder and salt.
2. Place hot popcorn in a serving bowl and coat with cooking spray; sprinkle with cheese mixture, tossing all the while, until well coated.
3. Yields about 2 cups per serving.

Recipe from Cook Well Berkeley: Cooking Carb-Smart, Spring 2013