

# Italian Popcorn

<b>Nutrition Facts:</b>	
Yield	1
Calories	150
Fat	2 g
Sodium	0 mg

<b>Code</b>
\$, Q, V, DF, GF, RH

<b>Ingredients Needed:</b>
1/4 cup popcorn kernels
1/2 Tbsp. parsley
1/2 Tbsp. basil
1/4 tsp. garlic salt
2 Tbsp. olive oil



## **Recipe Directions:**

- In a brown paper bag, place 1/4 cup popcorn kernels and roll the top down.
- Put the bag in the microwave for 2 minutes (listen: when the popping sound slows down; open the microwave)
- Pour the olive oil in a bag and shake vigorously to cover all the kernels.
- Mix together the basil, parsley, and garlic salt.
- Pour the mixture into the bag with the hot popcorn and shake around.