



Popcorn Seasonings

Prep: 5 minutes (each)

Makes: about ½ cup (each)

Asian Kick

- 3 tablespoons toasted white and/or black sesame seeds
- 2 tablespoons ground ginger
- 1 tablespoon plus 1 teaspoon garlic powder
- 1 tablespoon ground coriander
- 1 teaspoon fine sea salt
- 1 teaspoon ground red pepper

Herby Blend

- 2 tablespoons celery seed
- 1 tablespoon dried basil
- 1 tablespoon dried parsley
- 1 tablespoon dried rosemary leaves, slightly crushed
- 1 tablespoon dried thyme leaves
- 1 tablespoon onion powder
- 2 teaspoons ground turmeric
- 1 teaspoon fine sea salt

Mexican Mix

- 2 tablespoons garlic powder
- 2 tablespoons ground cumin
- 2 tablespoons onion powder
- 1 tablespoon plus 1 teaspoon chili powder
- 1 teaspoon fine sea salt
- 1 teaspoon paprika

For each Popcorn Seasoning: In small bowl, whisk together all ingredients until well combined.

Asian Kick

Approximate nutritional values per serving (½ teaspoon):
 4 Calories, 0g Fat (0g Saturated), 0mg Cholesterol,
 44mg Sodium, 0g Carbohydrates, 0g Fiber, 0g Protein

Herby Blend

Approximate nutritional values per serving (½ teaspoon):
 2 Calories, 0g Fat (0g Saturated), 0mg Cholesterol,
 44mg Sodium, 0g Carbohydrates, 0g Fiber, 0g Protein

Mexican Mix

Approximate nutritional values per serving (½ teaspoon):
 4 Calories, 0g Fat (0g Saturated), 0mg Cholesterol,
 50mg Sodium, 1g Carbohydrates, 0g Fiber, 0g Protein

Chef Tip

For gift giving, transfer popcorn seasonings to small glass spice jars. Attach a label with the seasoning name and directions to toss the seasoning with hot popped popcorn using ½ teaspoon of seasoning per 1 cup of popped popcorn. Include a package of popcorn kernels to complete the gift.