



EASY MICROWAVE POPCORN

PREP TIME: 5 minutes

SERVING SIZE: 1 bag of popcorn

COOK TIME: 5 minutes

SERVES: 1

INGREDIENTS

2 tablespoons popcorn kernels

¼ teaspoon vegetable oil

1/8 teaspoon salt



PREPARATION

1. Mix popcorn kernels, oil, and salt in a small bowl until combined.
2. Place the popcorn mixture in a brown paper bag and fold the top two or three times to seal the bag.
3. Place the bag in the microwave for 2 minutes or until the popping has slowed.
4. Remove the bag from the microwave and carefully place it in a bowl. Enjoy!

SOURCE

Youtube.com Cooking Lessons for Dad

Recipe modified by CHOICES Nutrition Education Program

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www.centraltexasfoodbank.org/recipes

Nutrition Facts

1 servings per container
Serving size 3 cups

Amount per serving
Calories 90

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 0mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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PALOMITAS FÁCILES PARA MICROONDAS

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 bolsa de palomitas

TIEMPO PARA COCINAR: 5 minutos

PORCIONES: 1

INGREDIENTES

2 cucharadas de granos de palomitas de maíz

¼ de cucharadita de aceite vegetal

1/8 cucharadita de sal



PREPARACIÓN

1. Mezcle los granos de palomitas de maíz, el aceite y la sal en un tazón pequeño hasta que se combinen.
2. Coloque la mezcla de palomitas de maíz en una bolsa de papel marrón y doble la parte superior dos o tres veces para sellar la bolsa.
3. Coloque la bolsa en el microondas durante 2 minutos o hasta que el estallido haya disminuido.
4. Retire la bolsa del microondas y colóquela con cuidado en un recipiente.
¡Disfrutar!

FUENTE

Youtube.com Cooking Lessons for Dad

Receta modificada por CHOICES Programa Educativo de Nutrición

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