



Recipe 4317: Flavorful Popcorn with Caramel Glaze



Certified as Smart Snacks Compliant by Michigan Dept. of Education (MDE) School Nutrition Programs - 10/2014

NUMBER OF SERVINGS PER RECIPE: Each recipe makes approximately 46 3-cup servings

INGREDIENTS

- **1 quart (4 cups) + ½ cup premium popcorn kernels** (should contain 130 calories per 3 tablespoons of kernels; varieties with a lower amount of calories will not meet Smart Snacks guidelines)
- **½ cup + 1 tablespoon trans fat-free oil** (preferably canola oil or vegetable oil blend specifically marketed for popcorn)
- **1 teaspoon dry butter flavored popcorn seasoning**
- **½ cup caramel popcorn glaze**

INSTRUCTIONS

1. Turn on industrial popcorn popper according to directions.
2. Prepare one batch of standard popcorn.
 - a. Combine 1 ½ cups popcorn, 3 tablespoons oil and 1 teaspoon seasoning mix in kettle. Close kettle lid.
 - b. Heat until popping ends.
 - c. Empty kettle of any remaining kernels.
3. Prepare two batches of popcorn with glaze.
 - a. For each batch, combine 1 ½ cups popcorn, 3 tablespoons oil and ¼ cup caramel glaze into kettle. Close kettle lid.
 - b. Heat until popping ends. Wait to touch until all of popcorn has finished popping.
 - c. Empty kettle of any remaining kernels.
4. Mix the three batches to distribute glazed popcorn evenly.
5. Portion popcorn into 3-cup servings into each bag or container (2-pound kraft paper bags or plastic bags work well).
6. Servings must be sold individually by 3-cup serving size.

SEE NEXT PAGE FOR IMPORTANT INFORMATION REGARDING THIS RECIPE AND SMART SNACKS IN SCHOOL REQUIREMENTS

Questions about Smart Snacks?

Contact the Michigan Dept. of Education School Nutrition Programs Unit at mde-schoolnutrition@michigan.gov or 517-373-3347.



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IMPORTANT INFORMATION

- Please ensure proper safety protocols are followed and only appropriate individuals are allowed access when using the industrial popcorn popper. MDE is not responsible for any injuries related to the preparation of this recipe.
- Foods and beverages sold in schools during and up to 30 minutes after the end of the school day in schools that participate in the National School Lunch Program must meet Smart Snacks guidelines.
 - Selling includes exchange of tokens, tickets or points for a food or beverage.
 - If you plan to hold a fundraiser in your school(s), please contact your district foodservice director in advance so he/she is aware and can help you follow the guidelines.
 - For more information, visit www.michigan.gov/schoolnutrition and select “Smart Snacks” under “Program Information.”
- Ingredients and instructions must be followed each time popcorn is sold to students (or exchanged for tokens, tickets or points). Failure to use only the ingredients identical to or with the same nutrition information as the ingredients above may result in adjusted nutrition information and the final food product no longer being in compliance with Smart Snacks guidelines. Adjustments to the recipe are strongly discouraged and should be made with caution. Please consult your foodservice director if you wish to make any changes to the recipe.
- Keep a readily accessible copy of the Smart Snacks Calculator Information and Nutrition Analysis Sheet related to this recipe (recipe #4317) handy in your district. This information may be requested to prove compliance with Smart Snacks guidelines by your school district foodservice director, MDE School Nutrition Programs, U.S. Department of Agriculture or other authorities.

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