



Recipe 4313: Flavorful Popcorn with Trans Fat-Free Oil



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 15 3-cup servings

INGREDIENTS

- **1 ½ cups 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)
- **3 tablespoons trans fat-free oil** (preferably canola oil or a vegetable oil blend specifically marketed for popcorn)
- **1 teaspoon dry butter flavored popcorn seasoning**

INSTRUCTIONS

1. Turn on industrial popcorn popper according to directions.
2. Combine oil, seasoning and popcorn kernels in popper kettle. Close kettle lid.
3. Heat until popping ends. Wait to touch until all of popcorn has finished popping.
4. Empty kettle of any remaining kernels.
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.

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 recipe preparation.
- 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 those listed above may result in 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 this recipe.
- Keep a readily accessible copy of the Smart Snacks Calculator Information and Nutrition Analysis Sheet related to this recipe (recipe #4313) 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.