

Starters, Sides, and Complements

Buttered Popcorn

**Vegetarian, Gluten-Free*

Having movie night with the family? How about making up a batch of this high fiber food to complement the feature film? Just remember the rule when it comes to eating popcorn it's one kernel at a time.

You'll Need

- Enough olive oil to cover the bottom of large covered pot
- About ½ cup popcorn kernels
- 2 tablespoons unsalted butter
- A generous sprinkle of salt

Directions

- In a large pot, add the oil until it just barely covers the entire bottom of the pot, and then pour in popcorn until it forms a single layer. Cover.
- Heat popcorn on medium-high until the first kernels start to pop. Shake the pan until the number of pops is less than 1 every 2 seconds. Remove to a large serving or mixing bowl.
- Melt the butter in a separate pan or microwave. As you pour the butter over the top in a thin stream, make sure the corn is evenly coated by tossing it around at the same time.



Tricks of the Trade

To prevent burning the popcorn: once the corn starts popping, hold either side of the pan with pot holders and shuffle it back and forth to the rhythm of whatever song you are listening to. This serves a dual purpose. It also ensures that all the kernels sift to the bottom to be popped.

Play with your Food!

- The great part about melting your own butter is that you can infuse it with anything you want. Of course, plain buttered popcorn is wonderful, but you could also add some minced garlic or rosemary. These are particularly wonderful because their oils seep throughout your butter – a little goes a long way – to get the flavor to be throughout butter.
- Other suggestions for popcorn include some hard cheese like Parmesan, grated very fine and spread all over after the butter is tossed in.
- Or leave out the butter as the olive oil adds wonderful flavor all by itself.

Medwell Kitchen Tested