

POPCORN IN THE TUCKSHOP

QUICK GUIDE

Easy, nutritious, cheap and quick – popcorn is a great addition to your snack menu

When it's air-popped and lightly seasoned, popcorn is a healthy, light snack. It's a whole grain, is a high-quality carbohydrate source, and is high in fibre.

But not all popcorn is created equally.

When serving it in a school tuckshop, avoid the pre-packaged microwave version laden with butter and salt. Instead, opt to make your own and flavour it with simple, healthy seasonings.

If you invest in a popcorn maker, it's even more economical to make and is suitable for a high mark-up on your tuckshop menu.

If you don't have a popcorn maker in your tuckshop, you can use corn kernels in the microwave using this simple recipe.

RECIPE: MICROWAVE POPCORN

Serves 2

INGREDIENTS

- ¼ cup (30g) of corn kernels
- Brown paper bag
- ½ tsp Mexican spice mix

METHOD

1. Place corn kernels in a brown paper bag
2. Make sure the edge is folded over loosely and place flat on the microwave plate.
3. Cook for 90 seconds*
4. Flavour with chosen seasoning (see recipe)

**Each microwave is different so experiment until you know exactly how long it takes, try 90 seconds to start.*

HOMEMADE MEXICAN SPICE

Combine the below ingredients to make a yummy spice mix that can be used for all Mexican recipes, including popcorn.

- 1 tsp cumin
- 1 tbsp dried coriander leaves
- 1 tbsp mild paprika
- 1 tsp ground oregano
- 1/2 tsp chilli powder
- 1/2 tsp garlic powder.

Ratio: Use ½ tsp of spice mix for every ¼ cup of corn kernels.

Note: Spice mix can be stored in freezer for up to three months.

OTHER SEASONING IDEAS:

- Seasonings such as Cajun or mixed herb
- Finely grated parmesan cheese
- Nutritional yeast (vegan).

SMART CHOICES RATING FOR POPCORN

GREEN

Popped from corn kernels, with no added salt, sugar or butter.

AMBER

When cooked in-house and popped from corn kernels with a small amount of butter or oil, aim for no more than 3g for every 30g of corn kernels. If in a packet, look for no more than 3g of fat per serving on the packet's Nutrition Information Panel.

[Learn more about reading food labels.](#)