Olive Oil and Herb Popcorn

**INGREDIENTS:**
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 8 cups hot plain popcorn

**PREPARATION:**
Drizzle oil over hot popcorn and toss with herbs and spices.

**SIZE:** 1 cup: Calories 61.5; Fat 3.25; Sodium 75mg; Carbohydrate 6.2g; Fiber 2g; Protein 1g

Chili Popcorn

**INGREDIENTS:**
- 1/4 teaspoon salt
- 1/2 teaspoon chili powder
- Scant 1/8 teaspoon garlic powder
- 1/8 teaspoon paprika
- 1/8 teaspoon cayenne
- 2 Tablespoons extra virgin olive oil
- 8 cups hot plain popcorn

**PREPARATION:**
Drizzle oil over hot popcorn and toss with herbs and spices.

**SIZE:** 1 cup: Calories 61.5; Fat 3.25; Sodium 100mg; Carbohydrate 6.2g; Fiber 2g; Protein 1g

Parmesan and Pepper Popcorn

**INGREDIENTS:**
- 2 tablespoons extra-virgin olive oil
- About 8 cups hot plain popcorn
- 1 oz finely grated Parmigiano-Reggiano (1/3 cup)
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

**PREPARATION:**
Drizzle oil over hot popcorn and toss with cheese, pepper, and salt.

**SIZE:** 1 cup: Calories 80; Fat 4.25; Sodium 154mg; Carbohydrate 6.2g; Fiber 2g; Protein 2.2g