

Healthy & Delicious Stovetop Popcorn

Serving Size: 4-6

Cook Time: 5-10 minutes

Ingredients:

3 tbsp [olive oil](#)

1/2 cup [popcorn kernels](#)

Salt to taste

Put 3 tbsp oil in a pot with a clear lid that has no holes

Add 3 or 4 kernels, cover, and turn heat to medium-high

Shake often until one or two kernels pop

Add 1/2 cup popcorn kernels (enjoy and watch the kernels pop) and shake well every 30 seconds until popping slows to 2-3 seconds between pops

Turn off heat and lift lid to release steam

Add salt to taste, recover, and shake very well to get salt on every bite

Serve immediately to enjoy while it's warm

Store in an air-tight container for up to one week