



HARVEST OF THE MONTH

Wisconsin Grown Foods

POPCORN

A variety of corn kernel, which expands and puffs when heated.



POPCORN FACTS:

- Popcorn provides energy-producing complex carbohydrates
- Popcorn comes from corn, which is grown in Wisconsin from July-September
- Popcorn is naturally low in fat and calories and can be a healthy snack when air popped or by using a small amount of oil for popping.
- 3 cups of popped popcorn equals one serving from the grain group.
- Air-popped popcorn has only 30 calories per cup; oil-popped popcorn has only 35 calories per cup.

HOMEMADE POPCORN RECIPE

Ingredients:

- 1 cup fresh rhubarb, finely chopped
- 1 tsp. sugar
- ½ cup yellow pepper, finely chopped
- 1-2 jalapenos, seeded if desired, finely chopped
- ½ cup red onion, finely chopped
- ½ cup fresh cilantro, finely chopped
- 1 Tbsp. lime juice

Directions:

- Heat the oil in a 3-quart in a heavy saucepan with a lid on medium high heat. If you are using coconut oil, allow all of the solid oil to melt.
- Put 3-4 kernels into oil, cover the pan with the lid.
- Once the kernels pop, add the remaining kernels to the pan in an even layer. Cover the pot, remove from the heat and count 30 seconds.
- Return the pan to the heat. Once the kernels begin to pop, gently shake the pan by moving it back and forth over the burner. Once the popping slows to several seconds between pops, remove the pan from the heat, remove the lid, and dump the popcorn into a large bowl. Add desired toppings and enjoy!