

Fat-free Popcorn with Nooch & Benson's

By Katie Mae, PlantzSt.com

Makes about 5 cups | Ready in 10 minutes | Stores 2 days at room temp.

INGREDIENTS

- ¼ cup unpopped popcorn kernels
- 2 tablespoons nutritional yeast
- 1 teaspoon salt-free seasoning (i.e. Benson's Table Tasty)
- ½ teaspoon curry powder (optional)
- 1–2 tablespoons balsamic vinegar in a mister/sprayer

ACTION STEPS

1. Before making the popcorn, mix the nooch (aka nutritional yeast), salt-free seasoning, and curry powder in a small bowl.
2. Fill a mister (usually used for oil) with balsamic vinegar, and pump it so that it is pressurized.
3. Pop the popcorn kernels on the stovetop or using an air-popper.
4. Let the popped popcorn cool for a minute before seasoning.
5. Spray the popcorn with the balsamic very lightly. Then sprinkle some of the seasoning over top and gently toss the popcorn with your hands. Repeat this process until all of the seasoning is used. It's best to do this in rounds so the popcorn doesn't get soggy in certain spots and more of the popcorn will be coated with the yummy flavors.
6. Sit down and enjoy!

CHEF'S NOTES

To make popcorn on the stove without oil, heat a large non-stick pan over medium-high heat, once hot add the kernels, and cover. When they start popping, lower the heat to medium and shake the pan occasionally to prevent burning.

Feel free to leave out the nutritional yeast or curry powder, if you like. My preference is the combination.

You also play your popcorn flavor by switching up the seasoning combination. A few spices I've used and liked are garlic granules, cumin, red pepper flakes, and cinnamon.

Recipe and photos online here >> <https://plantzst.com/popcorn-nooch-bensons/>