

Garlic Parmesan Popcorn

Makes: 6 servings



Total Time: 10 minutes

Ingredients:

- ½ cup popcorn kernels
- 3 Tbsp. D’Avolio Garlic Infused Olive Oil
- 1 Tbsp. grated parmesan cheese
- 1 tsp freshly ground black pepper

PREPARATION

1. Pop popcorn in air popper. Drizzle with D’Avolio Garlic Infused Olive Oil, sprinkle with parmesan cheese, and grind pepper onto popcorn. Serve immediately.

For a spicy alternative, try drizzling popcorn with D’Avolios Harissa Infused Olive Oil and sprinkle with sea salt. If you don’t have an air popper, prepare popcorn kernels on the stovetop according to package directions.

Nutrition: 128 calories; 8g fat (1g saturated); 13g carbohydrates; 3g protein; 2g fiber; 23mg sodium