

Dietician-Approved Cheesy Popcorn



Yep, you read that title correctly. I've been working with a dietician for a while now, and the first time I had to fess up to eating this popcorn, I was nervous. I fully expected her to tell me this was not a good idea, to eat it sparingly, blah blah... but she loved it! She said it was a great snack, and a fantastic thing to have if dinner hadn't filled me up. Best news I'd heard in a long time, because this is my absolute favorite. With the holidays coming up, this seems like the perfect cozy treat for a family movie or game night ☐

You can use those weird cans powdered cheese-flavored stuff they sell as popcorn seasoning to make "cheese" popcorn too, but using real cheese and butter is sooo delectable you'll never want the fake stuff again after you taste this. It has

taken me years to figure out how to use real cheese as a popcorn topping and get it to stick to the popcorn, but here's how: you can't use the pre-shredded cheese you buy from the store. You have to grate it yourself with a super fine grater.

Here is what the cheese looks like before I pour it on the popcorn- almost powdery:



The other key to this recipe is to work quickly to coat the popcorn with the cheese and butter once it is popped. You want those little shreds of cheese to melt onto the popcorn so they stick. Sprinkle them on to the hot popcorn right away, and then pour the hot butter on top and toss or stir to distribute it.

To keep this recipe dietician-approved, you'll want to use grass-fed cheese and butter, and to keep the salt to a bare minimum. Grass-fed cheese and butter are associated with decreased heart attack risk and are generally considered healthier than dairy products produced from grain-fed cattle. If you'd like to read more on that, click [here](#). I use Kerrygold brand that I buy at Costco, where it is actually about the same price as regular (not grass-fed) stuff from a grocery store. Cheese and butter freeze very well so I'm happy to buy them in bulk and just freeze if we can't finish them before they go bad.

Dietician-Approved Cheese Popcorn

- 1/4 cup unpopped popcorn kernels
- 2 oz very finely shredded grass-fed cheddar cheese
- 2-3 T grass-fed butter, melted
- salt, to taste

Pop popcorn using an air popper or your preferred popcorn popping method. While popcorn is still very hot, sprinkle cheese evenly over top of popcorn. Pour butter evenly over cheese, and sprinkle with salt. Stir or shake popcorn to evenly distribute cheese, butter and salt. Serve hot.