

Dark Chocolate Salted Popcorn

Makes 8 cups, or 8 servings



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 2 tablespoons canola or grapeseed oil
- 1/3 cup popcorn kernels
- 4 ounces dark chocolate, chopped (use vegan chocolate to make this recipe 100% vegan and dairy-free)
- 1/2 teaspoon salt, divided

Directions

1. In a large stock pot, heat the oil and 3 kernels of popcorn, covered, over medium heat until all 3 kernels pop. Pour in the remaining kernels, cover pot again and shake to distribute. Remove from heat for 30 seconds. Return pan to heat. As the popcorn pops, shake pan continuously, leaving lid slightly ajar for crisper popcorn, if possible. When popping slows to 2-3 seconds between pops, remove from heat. Pour popcorn into a large bowl, removing any unpopped or partially popped kernels.
2. Line a rimmed baking sheet with parchment paper and set aside. Place the chocolate and 1/4 teaspoon salt in a small bowl. Heat in the microwave in 30-second increments and stir until chocolate is completely melted.
3. Immediately pour over the popcorn and stir to coat as thoroughly as possible. Spread evenly onto the baking sheet and sprinkle with remaining 1/4 teaspoon salt. Let sit at room temperature until chocolate has hardened, about 1 hour. 4. Store in an airtight container for up to 3 days

Notes

Be sure to use an oil with a high smoke point such as peanut or canola oil. Avoid extra virgin olive oil in this recipe.

Other flavors: Try other herb/spice mixes: Cajun, barbeque, or taco!

Recipe from Cook Well Berkeley: Healthy Edible Holiday Gifts, Fall 2015