

Mar.

Friends and Family

Culinary Services Group
Your Dining Partner



Healthy Kettle Corn

Ingredients

- 1/2 Cup Corn Kernels
- 1/2 Cup Maple Syrup
- 1/4 tsp Cinnamon
- Pinch of Nutmeg
- Pinch of Salt
- 1 Tbsp Avocado Oil

Steps

- 1) Preheat your oven to 250°F.
- 2) In a large Dutch oven or deep pan, heat a small amount of oil over medium heat. Add the popcorn kernels and cover with a lid. Once popping begins, shake the pan every 15 seconds to prevent burning. Allow the kernels to pop until the popping slows. Turn off the heat but leave the lid on for 1–2 minutes.
- 3) In a small saucepan, heat the maple syrup over medium-high heat until it begins to foam or boil. Reduce to a simmer and cook for 2–4 minutes.
- 4) Pour the hot maple syrup over the freshly popped popcorn and mix quickly to coat evenly. Sprinkle with cinnamon and salt and toss well to distribute.
- 5) Spread the coated popcorn onto a lined baking sheet in an even layer. Bake in the preheated oven for 30–35 minutes, stirring halfway through to ensure even crisping. Remove from the oven and let the popcorn cool completely.

Here's What We're Up to This Month:

Suggested Activity: Book Club

Wellness Focus: March is MS Awareness Month, a time to raise understanding of multiple sclerosis, support those affected, and promote research. Nutrition plays a key role in managing MS symptoms—diets rich in fruits, vegetables, whole grains, and healthy fats may reduce inflammation, while vitamin D and omega-3s support immune and nerve health. Avoiding processed foods and excess sugar can also help improve well-being.

Food for Thought:

Popcorn is a healthy whole grain that's high in fiber, helping with digestion and keeping you full longer. It contains antioxidants like polyphenols, which support cell health and reduce inflammation. Naturally low in calories, popcorn can be a great snack when air-popped and enjoyed without excessive butter or salt.

Scan the QR Code! ▼

Try our recipe at home.



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