

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Parmesan Popcorn

- 1 tablespoon (15 mL) Extra Virgin Olive Oil
- 2 teaspoons (10 mL) pure sesame oil
- 1/4 cup (60 mL) Ontario popping corn
- 3 tablespoons (45 mL) country butter, melted
- 2 tablespoons (30 mL) Ontario parmesan cheese
- Sea salt

Warm the oils in a large, deep pot or a dome popcorn popper. Add the popping corn and shake the pan to completely coat the corn. Cover and cook on high heat, shaking constantly until all popping ceases. Transfer to a large popcorn bowl and season with salt. Drizzle with butter and sprinkle with parmesan cheese. Serves 4 to 6.



Recipe taken from *The Ontario Table*, the best food from across the province by Lynn Ogryzlo
Food photographer, Jon Ogryzlo
Episode #69: Carbs Can Be Confusing

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!