

## Mayo Clinic Minute

### Popping a healthier high-fiber snack

VIDEO	AUDIO
	<i>Stove being turned on</i>
<b>Title: Jen Welper Executive Wellness Chef Mayo Clinic Healthy Living Program</b>	“So we are going to start popping our popcorn in kind of the traditional way.”
	And we’ll use less canola oil than you might expect.
Jen Welper	“Typical recipes call for a little over a quarter cup.”
.	Mayo Clinic chef Jen Welper says you can eliminate half that oil and the calories that come with it.
Jen Welper	“As long as you’re kind of shaking the pan enough, you can usually get away with like a tablespoon or two of oil.”
	<i>Popcorn being poured into a metal bowl</i>
	After the shaking and popping, Welper is spraying.
	<i>Oil being sprayed on popcorn</i>
Jen Welper	“What we are trying to do is get the seasonings to stick.”
	This recipe has onion and garlic powders, smoky paprika, cayenne pepper and kosher salt.
	Our chef uses an oil mister to get the seasonings to stick. But you could simply drizzle on the canola oil.
Jen Welper	“You can use a better fat than the saturated fat of butter.”
	<i>Popcorn and spices being tossed in a bowl</i>
	You won’t need the butter when you’ve got seasonings like smoky barbeque or Parmesan-thyme. Welper has even come up with cinnamon-sugar and peanut butter mixes.

Jen Welper	"You've got to be a little creative."
	Done right, popcorn can be a high-fiber snack with a lot of flavor and fewer calories.
	For the Mayo Clinic News Network, I'm Jeff Olsen.