ANATOMY OF A KERNEL

Bran: the outside layer of the grain and contains most of the seed’s fiber, B vitamins and trace minerals.

Germ: the part of the grain from which a new plant would sprout if you were to plant it. It is a concentrated source of vitamins including vitamin E, B-vitamins and antioxidants.

Endosperm: contains starchy carbohydrates, proteins and small amounts of vitamins and minerals.

Embrace a whole grain today, preferably with your molars. Enjoy this delicious and healthful recipe from the Popcorn Board (www.popcorn.org).

Glazed Lemon and Poppy Seed Popcorn

Note: the use of egg white helps the flavors adhere to the popcorn, without adding fat through the more traditional use of oils.

Makes: 4 quarts

Ingredients:
- 4 quarts unbuttered and unsalted popcorn (air popped)
- 1 egg white
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/4 teaspoon lemon extract
- 2 teaspoons lemon zest
- 1 teaspoon poppy seeds

Directions:
1. Preheat oven to 300 degrees F.
2. Line a large, rimmed baking sheet with parchment paper (or foil sprayed with cooking spray). Spread popcorn onto prepared baking sheet.
3. Bake 20 minutes, stirring once midway through baking time. Cool completely before storing in an airtight container.