

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Roasted Corn and Zucchini with Lemon-Coriander Seasoning
Makes 4 servings**

This recipe uses roasted corn, zucchini and cherry tomatoes, but you can substitute any vegetable combination you like.

Ingredients:

2-3 ears fresh corn, kernel cut from the cob (about 2 cups)
2 small zucchini, thinly sliced (about 2 cups)
1 cup cherry tomatoes
2 green onions, cut into 1 inch pieces
1 tablespoon olive oil
2 teaspoons Lemon-Coriander Seasoning (recipe below)

Lemon-Coriander Seasoning:

1 tablespoon EACH coriander seeds AND mustard seeds
2 teaspoons grated lemon zest
¼ teaspoon EACH salt AND pepper

Directions:

1. Preheat oven to 400 degrees.
2. Place vegetables on a baking sheet. Drizzle with oil. Toss to coat with oil. Bake for 12-15 minutes, tossing half way, until vegetables begin to char slightly.
3. Place in a serving bowl and sprinkle with Lemon-Coriander Seasoning.
4. For Lemon-Coriander Seasoning: Crush coriander and mustard seeds with the bottom of a skillet on a hard surface. Toast the seeds in a dry skillet for 2-3 minutes. Mix with lemon zest, salt and pepper.

Recipe Note:

1. May substitute seeds with ground spices -just reduce the amount to 1½ teaspoons of each
2. Store excess Lemon-Coriander Seasoning in an air tight container. Try sprinkling over scrambled eggs or as a dry rub for meats.

Nutritional Information per serving:

Calories: 120	Carbohydrates: 19
Total Fat: 4	Cholesterol: 0
Saturated Fat: 1	Dietary Fiber: 3
Sodium: 187	Protein: 6