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