

Fennel-Coriander Rub

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*1 tablespoon fennel seeds
1 tablespoon coriander
seeds*

*1 teaspoon grated lemon
zest*

1/2 teaspoon garlic powder

*1/2 teaspoon red pepper
flakes*

In a spice grinder, pulse the fennel seeds and coriander seeds until roughly ground.

Transfer to a small bowl. Mix in the lemon zest, garlic powder and red pepper flakes.

Per Serving (excluding unknown items): 40 Calories; 2g Fat (31.4% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.