

Curried Seed Rolls

Season's Best Sides | November 2008



Pick up whole-grain or other favorite rolls from the bakery or grocery store and make them your own with a dip into flavored butter and seeds.

PREP: 15 MINUTES BAKE: 2 MINUTES OVEN: 350°

- 2 TBSP. BUTTER**
- 1/4 TSP. CURRY POWDER**
DASH GARLIC POWDER
- 1-2 TBSP. MIXED SEEDS (SUCH AS CUMIN SEEDS, SESAME SEEDS, POPPY SEEDS, AND/OR DILL SEEDS)**
- 8 PURCHASED WHOLE-GRAIN OR WHOLE-WHEAT DINNER ROLLS**
BUTTER (OPTIONAL)
MANGO CHUTNEY OR OTHER FRUIT CHUTNEY (OPTIONAL)

Place 2 tablespoons butter, curry powder, and garlic powder in a small saucepan. Cook over medium-low heat until butter is melted. Cool slightly. Spread mixed seeds in a single layer on waxed paper. Dip tops of rolls into melted butter, then dip into mixed seeds to lightly coat. Place rolls on a baking sheet, seeded-side up.

Bake in a 350° oven* for about 2 minutes or just until heated through. Serve warm. If desired, serve with additional butter and chutney. Makes 8 rolls.

***NOTE:** You may adjust oven temperature according to whatever else you are baking.

MAKE AHEAD: After dipping rolls in seeds, place on a baking sheet and cover. Store at room temperature for up to 8 hours. Before serving, uncover and bake as directed.

Per roll: 104 cal., 4 g total fat (2 g sat. fat), 8 mg chol., 158 mg sodium, 15 g carbo., 2 g dietary fiber, 3 g protein.