



## ROASTED CORNISH GAME HENS

By Dr. Cindy Tanzar  
(Standard/Maintenance)

If you're looking to add a touch of elegance to your dinner table, Cornish game hens are your answer. They are tender and juicy, and very easy to make. The simple ingredients will bring a gourmet touch to your dish that will be impressive for all your guests. Whether you are cooking for two or ten, Cornish game hens will elevate your meal to something very special.

Makes 24 servings. One 3-oz serving covers your protein for one meal.



### INGREDIENTS

- 1 Tbsp Pink Himalayan salt
- 2 Tbsp lemon-pepper blend
- 1 Tbsp dried basil
- 1 Tbsp poultry seasoning
- 2 Tbsp avocado oil
- 6 Cornish game hens (approx. 1.5 lbs each)
- 1 green bell pepper, large dice
- 2 stalks celery, large dice
- 1 onion, large dice



## INSTRUCTIONS

Preheat the oven to 375°F. In a small bowl, stir together sea salt, lemon pepper, dried basil and poultry seasoning.

Rinse and dry the hens well. Rub oil all over the hens and season each with the seasoning mixture.

Place the hens on a large baking sheet lined with foil, allowing plenty of space between them to brown and crisp properly. (You can use two sheets, placed on the same oven rack.)

Loosely stuff the cavities of each hen with the green pepper, celery and onion.

Roast the hens for about 1 hour or until an instant-read thermometer inserted into the thickest part of the thigh registers 165°F and the juices run clear. Remove the hens from the oven, loosely tent with foil and let rest for 10 minutes before serving.

Note: If cooking three hens, cut ingredients by half; if cooking two hens cut by thirds (1 Tbsp = 3 teaspoons, so just replace the 1 Tbsp ingredient for 1 teaspoon)