

Baked Cornish Game Hens

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Rated: ★★★★★

Submitted By: JMRYGH

Photo By: karenury

Prep Time: 30 Minutes

Cook Time: 1 Hour 30
Minutes

Ready In: 2
Hours

Servings: 4

"Cornish game hens stuffed with a vegetable mixture, then roasted. A Cornish game hen recipe that I found and tweaked a bit for the taste and size of our small family, but it would be very easy to adjust it to fit your needs. It goes well with oven-roasted potatoes."

INGREDIENTS:

2 Cornish game hens	2 cloves garlic, minced
1/2 cup melted butter	1 tablespoon dried basil
1/2 onion, chopped	1 teaspoon dried oregano
1/2 stalk celery, chopped	1 tablespoon chopped fresh parsley
1/4 green bell pepper, chopped	1/4 cup melted butter
1 (4.5 ounce) can mushrooms, drained and chopped	

DIRECTIONS:

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a small bowl combine the 1/2 cup melted butter, onion, celery, bell pepper, mushrooms, garlic, basil, oregano and parsley.
3. Season hens inside and out with salt and pepper to taste, then stuff with equal amounts butter/vegetable mixture. Place stuffed birds in a 9x13 inch baking dish, breast side up. Drizzle with 1/4 cup melted butter.
4. Cover dish and bake in the preheated oven for 1 1/2 hours. Remove cover and brown at 500 degrees F (260 degrees C).

Nutrition Information

Servings Per Recipe: 4
Calories: 476

Amount Per Serving

Total Fat: 45.2g

Cholesterol: 167mg

Sodium: 421mg

Amount Per Serving

Total Carbs: 4.5g

Dietary Fiber: 1.7g

Protein: 14.3g