

ROASTED SEASONED CORNISH HENS

By Dr. Cindy Tanzar

Makes 8-10 servings and covers your protein.



INGREDIENTS

4 Cornish hens (1-1.5 each)
Kitchen string
4 Tbsp butter, melted
2 tsps. Pink Himalayan salt
1/2 tsp. black pepper
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. paprika
1 Tbsp Italian seasoning

INSTRUCTIONS

Preheat oven to 400°F. Line a baking sheet with foil and parchment paper.

Make a spice rub by mixing together the salt, pepper, garlic powder, onion powder, paprika and Italian seasoning in a small bowl. Set aside.

Remove the hens from the wrapper. Wash and dry them and place onto the baking sheet.

Cut a 15-18" piece of kitchen string. Place the middle of it behind the back at the wings, bringing it forward to cross over the chest (pinning the wings down), then wind it around the end of the two legs and tie it off. (See picture.)

Rub the melted butter over each hen. Sprinkle the herb mixture evenly over the whole chicken.

Place hens on the baking sheet breast side up. Roast for 1 hour or until internal temperature reaches 165°F.

Let rest for 10 minutes.