

# Herb Roasted Cornish Game Hens

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Ingredients:

4 Cornish game hens, rinsed  
½ cup red wine vinaigrette dressing  
1 tsp. chopped fresh thyme leaves, plus 4 sprigs  
1 tsp. chopped fresh parsley, plus 4 sprigs  
1 tsp. chopped fresh oregano, plus 4 sprigs  
1 tsp. chopped fresh rosemary, plus 4 sprigs  
1 tbl. grill seasoning  
1 lemon, zested and cut in quarters  
1 (16 oz.) bag baby carrots  
1 (16 oz.) bag frozen pearl onions, thawed  
½ lb. red potatoes cut into small chunks  
Salt and freshly ground black pepper

Directions:

Preheat the oven to 375°. Line a baking sheet with foil and put a baking rack on top.

Mix together the dressing, chopped herbs, grill seasoning, and lemon zest. Reserve 2 tbl. generously rub the hens inside and out with the herb and dressing mixture. Stuff each hen with a sprig of each herb and a piece of lemon.

In a large bowl, combine carrots, onions and potatoes with the reserved dressing mixture a generous pinch of salt and pepper and toss to coat. Place the vegetables in a large roasting pan and place the hens on top. Roast them for 50 to 55 minutes, or until the juices run clear and an instant read thermometer reads 165 degrees F when inserted in the thickest part of the thigh. Cover with foil and let rest for 5 minutes before serving. Place on a large serving tray with the roasted vegetables.

~ Credit: Sandra Lee