

## Rosemary Roasted Cornish Hen

This dish is an excellent source of lean protein with a special occasion feel, that's still simple to cook. It fits with almost any medical diet and is well-liked by even the pickiest eater.

### Ingredients:

- nonstick cooking spray
- fresh rosemary, finely minced 1 Tbsp
- black pepper, 1/4 tsp
- salt (optional), 1/2 tsp
- garlic, minced, 2 cloves
- dijon mustard, 1 Tbsp
- lemon, zested and juiced, 1
- olive oil, 1 Tbsp
- cornish game hens, 1 1/4 lb each, 2 birds
- fresh rosemary, 4 sprigs



Photo credit: [jocooks.com](http://jocooks.com)

1. Preheat the oven to 350°F. Coat a large baking dish with cooking spray.
2. In a small bowl, whisk together the olive oil, lemon zest, lemon juice, Dijon mustard, garlic, salt (optional), black pepper, and minced rosemary.
3. Arrange the hens breast side up in the baking dish (one half on top of each of the rosemary sprigs). Brush each hen generously with marinade (using all of the marinade).
4. Bake for 30–35 minutes or until the internal temperature reaches 165°F.

Yield: 4 servings of 1/2 game hen

Adapted from: [diabetesfoodhub.org](https://diabetesfoodhub.org)

Notes:

