

Cain's Corner

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Nutrition Tips from USAPEEC's
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Roasted Cornish Hen

1 whole Cornish hen (1.25 - 1.75 lbs)
1 Tbsp kosher salt
3 Tbsp olive or vegetable oil
1 lemon, cut into wedges
Fresh herbs (thyme, rosemary, and oregano are nice options), finely chopped

- 1) Pat salt into raw bird, ensuring it is evenly distributed, and let sit covered in the refrigerator for at least an hour.
- 2) Meanwhile, pre-heat oven to 475 degrees F.
- 3) Remove chicken from the fridge and pat dry with paper towels.
- 4) Add oil to bottom of a cast iron skillet and place over high heat on the stovetop. Very gently set the chicken into the oil and lower the heat to medium-high. Cook about 3 minutes.
- 5) Carefully transfer skillet to bottom rack of oven. Roast at least 20-25 minutes, though it may take longer depending on your oven. The bird is ready when the internal temperature of the thickest part reads 160 - 165 degrees F.
- 6) Squeeze lemon juice over the cooked bird and top with fresh herbs for the cutest holiday dish around.



Aside from being quite an adorable protein, Cornish hens have an interesting story behind them. These birds were originally brought over to the U.S. from the Cornwall region of England and crossbred with the Plymouth Rock hen. Cornish hens can be both male or female and are harvested when immature. Enjoy this recipe as a great way to help portion control during the holidays!