



Cornish Hens

2 hens *

1 lemon *

4 cloves of garlic *

1 T olive oil *

¼ t salt *

Pepper to liking *Preheat oven to 350. Rinse hens well and pat dry.

Cut lemon in half and squeeze juices into a small bowl.

Mince garlic and add to juice.

Stir in remaining ingredients.

Rub mixture on hens and add lemon halves to the hen cavity.

Roast in a shallow baking pan for 50 to 60 minutes.

A good test for doneness is to poke with a fork, if juices are clear the hen is done.