


## Cornish Hens with Orange Sauce

Preheat the oven to 375 degrees. Rinse the hens and trim any excess fat. Season the birds' cavities with salt and pepper. Place a rack in a shallow roasting pan and place the hens on the rack, breast side up. Set aside. In a small bowl, mix together the orange marmalade, lime juice, and broth. Spoon 1/4 of the marinade over the hens. Roast the hens, basting every 15 minutes with the remaining marinade, until done, about 1 hour 15 minutes. (The hens are done when the juices run clear when the thigh is pricked with a fork.) Remove from the oven and let the hens cool for 15 minutes. Cut each hen in half lengthwise and place each half on an individual serving plate. Transfer any pan juices to a small microwave-safe cup and skim off the fat. Heat in a microwave oven and then pour over the birds. Garnish with orange slices and serve.

- 2 Cornish hens
- salt and freshly ground black pepper
- 4 T orange marmalade
- 1 t freshly squeezed lime juice
- 1 C fat-free, reduced sodium chicken broth
- 2 sliced oranges, for garnish

  
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Cornish hens are ready-made for the New American Plate. Their small size keeps your meal's proportion of meat in check, allowing you to fill the rest of your plate with healthy plant-based options. In this recipe, an orange-lime marinade brings out the hens' natural flavor to the fullest and marries well with foods such as quinoa pilaf, steamed kale, and gingered carrots.

### Makes 4 servings/per serving:

Calories	234
Total Fat	5g
Saturated fat	1g
Carbohydrates	21g
Protein	27g
Dietary Fiber	2g
Sodium	108mg

  
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