



Healthy Hens Recipe

Ingredients:

1/4 cup light soy sauce
1/4 cup water
2 cloves garlic, chopped finely
1 1/4 tbs chopped ginger
1 one-two pound Cornish Hen, quartered
1 1/2 tsp sesame oil
4 medium spears asparagus

Directions:

In a bowl, mix the soy sauce, water, garlic, and ginger. Place the hen in the mixture and let it marinate 2 hours. Preheat a sauté pan.

Brown the marinated hen on all sides, turning non-stop, over medium-high heat and then place hen breast side up in a baking dish. Pre-heat oven to 400 degrees F. Make a long slit through the outer skin of the hen, baste the hen with the oil.

Bake for 15-20 minutes or until thermometer inserted into the thickest portion reads 175 degrees F and the juices run clear when pierced with a fork. Remove skin from the hen.

Steam the asparagus for 2 minutes until crisp. Serve the hen and the asparagus, pour the pan juices over the hen and asparagus.

Nutritional Information Per Serving:

Calories: 380
Fat: 12 Grams
Saturated Fat: 2 1/2 Grams
Protein: 53 Grams
Carbs: 4 Grams
Fiber: 1 Gram
Cholesterol: 235 Milligrams