

Citrus-Baked Cornish Hens

4 CORNISH HENS

SAUCE:

1/4 CUP APRICOT PRESERVES

2 TBSP. GRATED ONION

1 TBSP. BUTTER OR MARGARINE

1 TBSP. DIJON OR REGULAR MUSTARD

1 GARLIC CLOVE, MINCED

1 LEMON, GRATED AND PEELED

1 ORANGE, GRATED AND PEELED

Remove giblets and necks from hens, then tie the legs of hens together and turn wing tips under the backs.

In a saucepan, combine all sauce ingredients and simmer for 5 minutes. Brush hens with sauce and arrange breast side up on a rack in a roasting pan.

Bake at 350 degrees F for 80 minutes. Brush occasionally with sauce during cook time. Enjoy!

“This is also a great sauce to use on other poultry as well!” -Tammy