

**Thoughtful Thursday**  
**TARRAGON & ROSEMARY CORNISH HEN**

- 2 1½-pound Cornish hens
- 2 tablespoons butter, softened
- 1 tablespoon fresh tarragon, chopped
- 1 tablespoon fresh rosemary, chopped
- 1 teaspoon fresh garlic, crushed
- sea salt, to taste
- pepper, to taste

1. Preheat oven to 375 degrees. Rinse hens with water & pat dry. Place the hens, breast side up, on a rack in a shallow roasting pan.
2. In a small bowl combine room temperature butter, tarragon, rosemary & garlic. Using your hands or a brush, spread the mixture over the entire hen. Lightly season each hen with salt & pepper.
3. Roast, uncovered, for 1¼ hours. Remove hens from oven, lightly tent with foil & let stand for 10 minutes before cutting.

**servings: 2 / prep time: 15 minutes / cook time: 1½ hours**