

# “Cooking for Two”

## Kitchen Tips and Strategies

*Plus 5 Delicious Recipes - Just for Two!*



### Tips and Strategies:

- Grocery Shopping for Two
- Meal Planning for Two
- How to Scale a Recipe
- Two Meals In One – Cook Once, Eat Twice

### Illustrated Recipes:

- Baked Sweet Acorn Squash
- Cornish Hens
- Cranberry Walnut Stuffing
- Microwave Candied Yams
- Quick Green Pea Salad

## Stuffed Cornish Hens



Cornish hens, while great to serve year round, also make a wonderful alternative to cooking a full turkey for the holidays. When cooking Cornish hens, you don't have to worry about storing a lot of leftover meat, yet you may still make multiple meals from the hens such as chicken soup, a chicken and rice meal, sandwiches, etc.

Another big plus, especially for those who will attend a larger group dinner, is that you won't feel like you've been eating turkey for the last week. You can enjoy your delicately flavored Cornish hens without spoiling your taste for the more strongly flavored turkey.



## Ingredients

- 2 Cornish hens
- 2 tsp. black pepper
- 2 tsp. season salt
- 2 tsp. onion powder
- 2 tbsp. margarine or butter

\*Note: Although these are the basic ingredients, you may also choose to cook your hens with sliced apples or oranges, other favorite seasonings, or stuffing, as we did. The cranberry stuffing recipe is given separately.

## Preparation:

Unwrap and rinse hens in cool water. Allow to drain thoroughly. Place hens in a baking dish, breast side up. and fill with your favorite stuffing (optional)



Chop butter into small chunks. Carefully slide the chunks underneath the skin around the hen breasts, making sure not to tear the skin in the process.

Season the hens with the season salt, onion powder and black pepper.



Cover with foil and bake according to directions on the package for the hens. Remove foil the last 30 minutes of baking so the hens turn golden brown.

Place on a serving plate or individual plates and add servings of your favorite side dishes and holiday salads.

