

# Herb Roasted Cornish Hens with Root Vegetables

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/parsnip-recipe-christmas-dinner>

## Ingredients:

- 2 cornish hens
- 3 tablespoons unsalted butter
- 1 teaspoon apple cider
- 1 1/2 tablespoons fresh rosemary finely chopped
- 1 1/2 tablespoons fresh sage finely chopped
- 1 teaspoon fresh thyme finely chopped
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 garlic cloves peeled and left whole
- 1/2 Orange cut into wedges
- 2 ounces carrots peeled cut into bite-size pieces
- 2 ounces parsnip peeled cut into bite-size pieces
- 1 pound yams peeled and cut into bite-size pieces
- 1 apple sweet, peeled and cut into wedges

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 195 milligrams
4. Fat: 32 grams
5. Fiber: 8 grams
6. Protein: 32 grams
7. SaturatedFat: 12 grams
8. Sodium: 720 milligrams
9. Sugar: 7 grams

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