

Roasted Cornish Game Hens & Wild Rice-Fig Stuffing

Yield: 4 min
Total Time: 145 min

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

Ingredients:

- 1 1/2 cups wild rice rinsed
- 2 1/2 cups low sodium chicken broth
- 1/2 cup fresh lemon juice
- 1 teaspoon sea salt
- 4 slices bacon chopped
- 1 shallots chopped
- 6 ounces crimini mushrooms chopped
- 1/2 cup chopped celery finely
- 1 cup pinenuts
- 6 ounces dried fig coarsely chopped
- 1 tablespoon ground cumin
- 1 tablespoon chopped fresh sage
- 1 tablespoon fresh rosemary chopped
- 1 large eggs lightly whisked
- 2 tablespoons butter melted
- 4 cornish game hens rinsed and patted dry
- paprika
- 1 cup white wine mixed with 4 tablespoons melted butter for basting
- rosemary sprigs Fresh, for garnish, optional
- 1 1/2 cups chicken broth
- 1 cup white wine
- 3 tablespoons flour all-purpose

Nutrition:

1. Calories: 1630 calories
2. Carbohydrate: 99 grams
3. Cholesterol: 425 milligrams

4. Fat: 94 grams
5. Fiber: 11 grams
6. Protein: 85 grams
7. SaturatedFat: 23 grams
8. Sodium: 1200 milligrams
9. Sugar: 27 grams

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