

DIRTY RICE STUFFED CORNISH HENS !

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Ingredients

- 3 tablespoons olive oil
- 3 small white onions, diced (about 1 cup)
- 1 small green pepper, seeded and finely diced
- 1/2 pound chopped chicken livers
- 1/2 cup chicken gizzards, chopped
- 2 to 3 cloves chopped garlic
- 1 tablespoon ground dry oregano
- 1 tablespoon dry, ground thyme
- 1/4 chopped parsley
- 2 cups cold, cooked white rice
- 4 12-ounce Cornish hens
- 3 tablespoons soft butter
- Salt and pepper to taste

Directions :

- Preheat oven to 375 degrees.
- In a large saute pan, heat olive oil. Add onions and green pepper and saute.
- Add livers and gizzards and cook for an additional 5 minutes.
- Add garlic, oregano, thyme and parsley. Combine and cook for 2 more minutes. Remove mixture from the heat and cool thoroughly.
- Combine stuffing with rice. Divide and stuff hens immediately prior to cooking. Tie legs closed. Brush hens with butter and season with salt and pepper. Roast for 1 hour and 15 minutes or until hens are cooked and temperature of stuffing is 155 degrees.