

Sage and Garlic Rubbed Cornish Hens

Ingredients:

- 6 cloves garlic
- 1 Tbsp. sugar
- 1 tsp salt
- 12 fresh sage leaves, finely chopped
- 1 Tbsp. grated lemon rind
- 2 Tbsp. olive oil
- 2 Cornish hens (2 $\frac{2}{3}$ lbs total), butterflied and backbone removed
- 2 lemons, halved and seeded



Directions: Preheat oven to 425°F. Smash garlic cloves with the back of a knife, and grind them to a fine paste with the sugar and salt against the cutting board. Combine garlic mixture with chopped sage, lemon rind, and olive oil in small bowl. Pat hens dry with paper towel. Rub garlic mixture under skins. Roast hens on wire rack in roasting pan for 30 minutes (thermometer should read 160°F in thickest part of thigh). Remove hens and let stand 5 minutes. Remove and discard skin, split hens along breastplate, serve with lemons.

Nutrition (½ hen about 5 ounces meat): 244 Calories, 11.5 grams fat, 2 grams Sat. Fat, 6 grams Carbs, 28 grams Protein



Fresh Green Bean Casserole

Ingredients:

- Cooking Spray
- 5 cups sliced green beans
- 4 $\frac{1}{4}$ cups low sodium chicken broth
- 1 cup Panko breadcrumbs
- 1 cup grated parmesan
- 1 Tbsp. and 1 tsp canola oil
- 1 $\frac{1}{2}$ cups diced onions
- 2 cups sliced baby bella mushrooms
- 2 Tbsp. cornstarch
- $\frac{1}{2}$ cup low-fat sour cream
- 1 tsp salt
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp black pepper



Directions: Pre-heat oven to 350°F. Boil green beans in chicken broth about 20 minutes. Drain but reserve 1 $\frac{1}{2}$ cups broth for later use. Mix breadcrumbs, parmesan, 1 tsp oil. Heat 1 Tbsp. oil in a large skillet. Sauté onions until translucent, then add mushrooms and cook for 3-4 minutes. Combine reserved broth and onion/mushroom mixture together in pot used for beans and return to a boil. Mix cornstarch and 1/4 cup water in a small bowl and slowly pour into boiling broth, whisking constantly until thickened (about 2 minutes). Add in green beans, sour cream, and seasonings. Stir well. Pour into an 8 inch x 8 inch baking dish and sprinkle with panko and cheese mixture. Bake 10 minutes and then broil for 1-2 minutes until top is browned.

Nutrition (2 $\frac{1}{2}$ by 2 $\frac{1}{2}$ inch piece): 189 Calories, 7.4 grams Fat, 1.7 grams Sat. Fat, 20 grams Carbohydrates, 2.2 grams Fiber, 10 grams Protein



Creamy Mashed Cauliflower

Ingredients:

- 8 cups bite-sized cauliflower florets
- 2 cloves garlic, crushed and peeled
- 1/3 cup nonfat buttermilk
- 2 tsp olive oil
- 1 tsp butter
- Salt and pepper to taste
- Chopped fresh chives for garnish



Directions: Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until tender (about 12 minutes). (Microwave option: place cauliflower florets and garlic in microwave safe bowl with 1/4 cup water, cover and microwave on high for 3-5 minutes.) Place cooked cauliflower and garlic in a food processor. Add buttermilk, oil, butter, and salt/pepper. Pulse several times, then process until smooth. Transfer to serving bowl and top with chopped chives.

Nutrition (3/4 cup): 95 Calories, 3.25 grams Fat, 0.75 grams Sat. Fat, 12 grams Carbs, 5 grams Fiber, 5 grams Protein



Cranberry-Orange Relish

Ingredients:

- 1 tbsp. Orange Zest (grated orange rind)
- 1 cup orange sections
- 1/3 cup sugar
- 2 tsp honey
- 1/2 tsp ground cinnamon
- 1/8 tsp salt
- 1 (12 ounce) bag fresh cranberries, rinsed and drained
- Cinnamon stick



Directions: Combine all ingredients except for cinnamon stick in a food processor. Pulse until combined. Transfer to a bowl and garnish with cinnamon stick if desired. Refrigerate until ready to eat.

Nutrition (1/4 cup): 68 Calories, 0 grams Fat, 0.5 grams Protein, 17.8 grams Carbohydrates, 2.5 grams Fiber

