



## **CORNISH HENS WITH CRAB MEAT STUFFING**

**Serves 4**

### **Ingredients**

4 (1 1/2-pound) Cornish game hens  
1 lemon, cut into halves  
Salt and pepper to taste  
1 clove of garlic, chopped  
2 tablespoons chopped fresh parsley  
1/4 cup chopped green onions  
1/4 cup chopped celery  
1/2 cup butter or margarine  
1 cup crab meat  
1/2 teaspoon salt  
1 cup fine bread crumbs  
1/3 cup half-and-half

Rinse the hens inside and out and pat dry. Rub the game hens with the lemon; sprinkle with salt and pepper to taste.

Sauté the garlic, parsley, green onions and celery in the butter in a skillet until the vegetables are tender. Stir in the crab meat, 1/2 teaspoon salt and pepper to taste. Stir in the bread crumbs. Add the half-and-half gradually, stirring until it is mixed in.

Stuff the game hens with the crab meat mixture. Place in a baking pan.

Bake at 350 degrees for 45 to 60 minutes or until the game hens are cooked through, basting frequently with pan drippings.