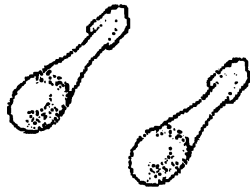


MICROWAVE COOKING CONCEPT #5:
Arrange foods so that the thickest parts are toward the sides of the oven. Put thinner parts or more tender areas toward the center of the dish. Putting things in a circle or in a round dish helps allow equal exposure to microwave energy.

Barbeque Chicken Drumsticks

Serves 2

You Need:



2 chicken drumsticks



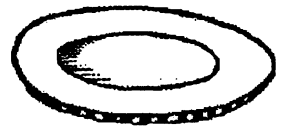
3 Tb.
barbeque sauce



1 teaspoon



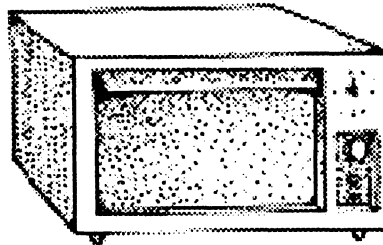
1/2 teaspoon



large plate



wax paper



microwave



Tablespoon



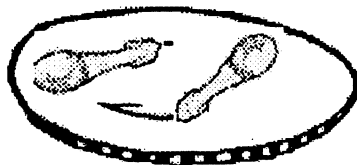
fork

1.



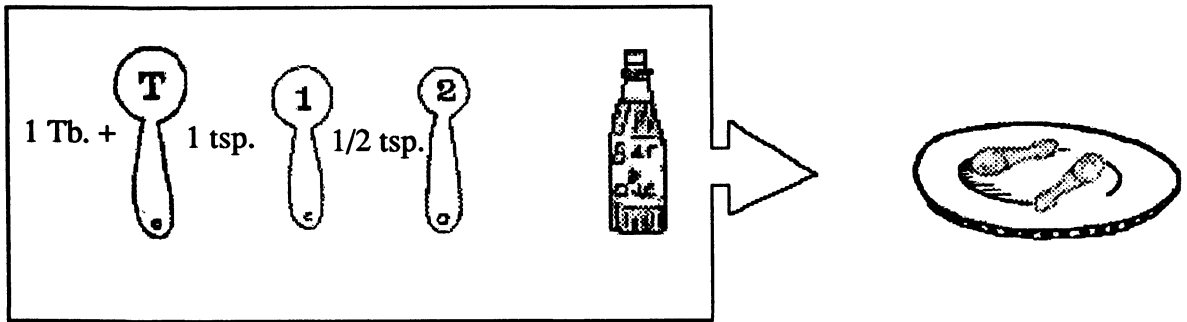
Remove skin from chicken.

2.



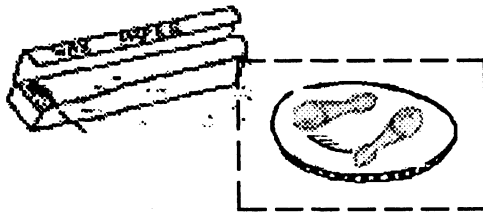
Arrange drumsticks in cooking dish with meatiest parts toward the outside and bony ends toward the center.

3.



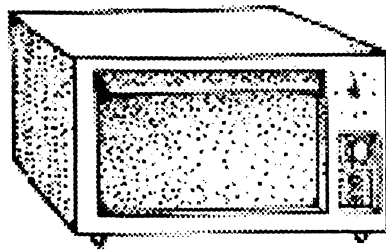
Spread 1 Tb.+ 1 tsp. + 1/2 tsp. barbeque sauce over the chicken.

4.

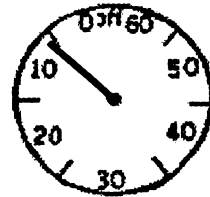


Cover the dish with wax paper.

5.



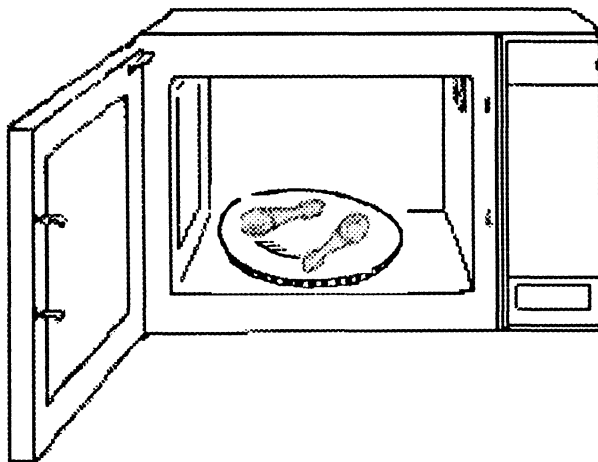
HIGH



6 minutes
6:00

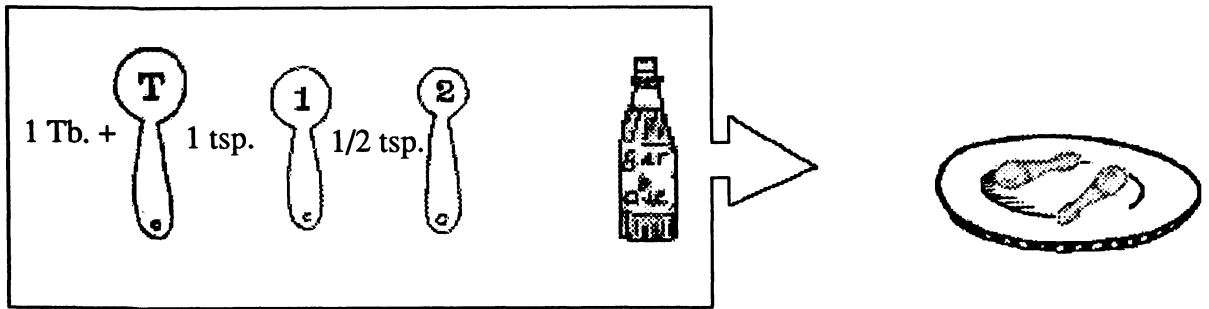
Microwave at HIGH power 6 minutes.

6.



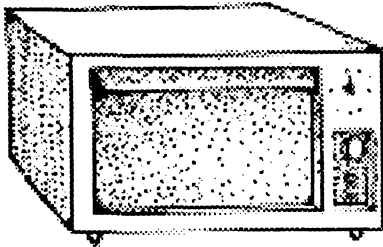
Open door. Turn chicken over and rearrange on plate.

7.

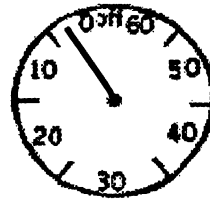


Spread 1 Tb. + 1 tsp. + 1/2 tsp. barbeque sauce over the chicken.

8.



HIGH



2 - 5 minutes
2:00 - 5:00

Microwave at HIGH power 2 to 5 minutes until meat is no longer pink and sauce is hot.

MICROWAVE COOKING CONCEPT #5

BARBEQUE CHICKEN DRUMSTICKS

You Need:

2 chicken drumsticks
3 Tb. barbeque sauce
large plate
fork
Tablespoon
microwave

wax paper
1 teaspoon
1/2 teaspoon

1. Remove skin from chicken.
2. Arrange drumsticks in cooking dish with meatiest parts toward the outside and bony ends toward the center.
3. Spread 1 Tb. + 1 tsp. + 1/2 tsp. barbeque sauce over the chicken.
4. Cover the dish with wax paper.
5. Microwave at HIGH power 6 minutes.
6. Open door. Turn chicken over and rearrange on plate.
7. Spread 1 Tb. + 1 tsp. + 1/2 tsp. barbeque sauce over the chicken.
8. Microwave at HIGH power for 2 - 5 minutes until meat is no longer pink and sauce is hot.