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. 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 2 to 5 minutes until meat is no longer pink and sauce is hot.
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