

CHICKEN TERIYAKI WINGS

Equipment:

Measuring Spoons

Measuring Cup

8" Square microwave safe dish with cover.

2 Qt. Glass or Microwave safe plastic bowl with cover

Ingredients:

2 Lbs Chicken wings cut apart, no tips

8 oz Can of Pineapple chunks

1 clove of garlic finely chopped

¼ cup of low sodium soy sauce or "Shoyu"

2 T. Brown Sugar

¼ t. of Dry Ginger

Procedure:

1. Place chicken in the bowl
2. In a small bowl, combine remaining ingredients; stir well.
3. Arrange chicken in an 8" (20 cm) square dish with meatier portions toward edge of dish.
4. Cover the dish.
5. Cook at **P7** 12 - 14 minutes, or until chicken is tender.
6. Check the chicken halfway through cooking.

Chefs Tip:

Variations could include Buffalo Wing Sauce, a dry southwestern style rub with the addition of beer or chicken stock, or Salsa for a Mexican style treat. You can never go wrong if you "theme" your food around your party or event.