



Better Homes and Gardens

Microwaving: Poultry

Type of Bird:	Amount:	Power Level:	Cooking Time:
CHICKEN			
Breast halves	Two 6-ounce	100% (high)	6 to 9 minutes
	Two 8-ounce	100% (high)	8 to 11 minutes
Drumsticks	2 drumsticks	100% (high)	3-½ to 5 minutes
	6 drumsticks	100% (high)	6 to 10 minutes
Meaty pieces (breast halves, drumsticks, and thighs with bone)	2-½ to 3 pounds	100% (high)	9 to 17 minutes
Skinless, boneless breast halves	Two 4- to 5-ounce	100% (high)	4 to 7 minutes
	Four 4- to 5-ounce	100% (high)	5 to 8 minutes
GAME			
Cornish game hen, half	1-¼ to 1-½ pounds	100% (high)	7 to 10 minutes
TURKEY			
Breast tenderloin steaks	Four 4-ounce	100% (high)	5 to 8 minutes
Breast tenderloins	Two 8- to 10-ounce	100% (high)	8 to 12 minutes