



Rotisserie-Style Chicken

Whether you call it “broasted” or roasted: give this a try!

You need:

1 (3-4 pound) whole broiler-fryer chicken
1 teaspoon oil
1 teaspoon Kitchen Bouquet or other gravy-type mixture
Pepper, paprika and dried herbs of choice such as basil, thyme, oregano, tarragon, or an Italian herb mixture.

Equipment:

Measuring spoons
Microwave dish

1. Remove giblets and neck from chicken. Reserve for use later if desired. Rinse chicken in water and pat dry.
2. Place chicken, breast-side-up, on microwave bacon rack or in microwave colander. Tuck wing tips under chicken, but do not tie drumsticks together.
3. Rub oil over skin and sprinkle generously with seasonings. Do not cover chicken.
4. Microwave on high power (100%) for 6-8 minutes per pound, pouring off juices and rotating chicken half way through cooking time. Let stand 5 minutes. Use a meat thermometer to check internal temperature of chicken in several places. Thigh should be at least 180 degrees. Breast should be at least 170 degrees.
5. Add cooking time if chicken has not reached these temperatures. Serve immediately or let cool up to two hours and refrigerate for future use.

Nutrients:

Total calories: 107
Total fat: 4g
Cholesterol: 23 mg
Saturated fat: 14g
Sodium: 364mg

Microwave Cooking with Carolyn Dodson: <http://www.goodnuke.com/recipes>

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