

# Chicken Drumstick

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## Microwave Instructions:

1. Transfer Drumstick to a microwave safe plate and set in microwave.
2. Microwave on High for 1 minute.
3. Flip the Drumstick over and Microwave on High for 1 minute.
4. Check Again.
5. Continue cooking 30 seconds at a time until the Drumstick is cooked throughout. It should reach 165 degrees F for best food safety practices.
6. Let it cool for 1-2 minutes and enjoy.

\*Note the chicken can be cooked from frozen, it took us about 3.5 minutes to cook from frozen.

## Oven Instructions:

1. Preheat your oven to 350 degrees F.
2. Locate a sheet pan or aluminum foil.
3. If you have cooking spray, grease the pan.
4. Lay the Chicken Drumstick out on the pan.
5. Bake the Drumstick for about 10 minutes
6. Flip the Drumstick over and bake for another 10 minutes.
7. Check the Drumstick. Bake 5-10 more minutes checking the Drumstick frequently until it is baked throughout.
8. The Chicken Drumstick should reach 165 degrees F for best food safety practices.
9. Let it cool for 1-2 minutes and enjoy.

\*Please cook the food before eating. The Oregon School District is not responsible if you do not cook the food to the proper temperature.

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