

# Microwave Chicken Legs

Yield: 1 Serving

## Ingredients:

1 cup ketchup  
5 tablespoons curry powder  
1 teaspoon cayenne pepper  
8 chicken legs

## Instructions:

- In a large, round microwave safe casserole dish combine the ketchup, curry powder and cayenne powder and mix together.
- Add chicken pieces and turn to coat.
- Arrange chicken legs in a fan, with the thin part of the legs in the center of the dish.
- Cover and cook in the microwave on high for 12 to 15 minutes or until chicken is cooked through and juices run clear (internal temperature is 165 degrees).