

# Cook Chicken Breasts

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Cooking time:

8 minutes

	<b>Recipe</b>	<b>Full</b>	<b>1/2</b>
<b>Yield:</b>	<b>cuts</b>	<b>4</b>	<b>2</b>

<b>Chicken Breasts</b>	<b>lbs</b>	<b>2</b>	<b>1</b>
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Put frozen breasts on paper plate

Microway for 8 minutes per pound on high

Add chicken to recipe

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