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| **At Home Cooking Instructions for Chicken Dishes:**  **OVEN METHOD:** Preheat oven to 400°. Remove Asian Food Solutions chicken from refrigeration and place in an oven safe baking dish. Bake chicken uncovered for 15 minutes or until fork tender and consisting of an internal temperature of 165°. Serve immediately.  **MICROWAVE METHOD:** Remove Asian Food Solutions chicken from refrigeration and place in a microwave safe dish. Cover chicken with a moist paper towel or plastic dome lid. Microwave chicken for 70-90 seconds until fork tender and consisting of an internal temperature of 165°. Serve immediately.    **Safety Guidelines:**   * Keep all foods cold and in the refrigerator until baking in the oven. * Don’t keep leftovers or unused RTE (ready to eat) convenience foods in refrigeration for more than 72 hours upon receipt; discard appropriately. | **At Home Cooking Instructions for Chicken Dishes:**  **OVEN METHOD:** Preheat oven to 400°. Remove Asian Food Solutions chicken from refrigeration and place in an oven safe baking dish. Bake chicken uncovered for 15 minutes or until fork tender and consisting of an internal temperature of 165°. Serve immediately.  **MICROWAVE METHOD:** Remove Asian Food Solutions chicken from refrigeration and place in a microwave safe dish. Cover chicken with a moist paper towel or plastic dome lid. Microwave chicken for 70-90 seconds until fork tender and consisting of an internal temperature of 165°. Serve immediately.    **Safety Guidelines:**   * Keep all foods cold and in the refrigerator until baking in the oven. * Don’t keep leftovers or unused RTE (ready to eat) convenience foods in refrigeration for more than 72 hours upon receipt; discard appropriately. |  |  |
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