
Microwave Marinated Water Chestnuts (Hot)

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Party Recipes from the Charleston Junior League - 1993

1 can (8 ounces) water chestnuts
1/2 cup soy sauce
1/4 cup brown sugar
7 slices bacon, cut into thirds
1 large green bell pepper, seeded and cut into 3/4-inch squares
wooden toothpicks

Drain the water chestnuts and prick each one several times with a fork.

Place the water chestnuts into a small bowl. Pour the soy sauce over the top. Cover and let marinate for 30 minutes.

Wrap a piece of bacon around each water chestnut, placing a square of green bell pepper between the water chestnut and the bacon. Secure with a toothpick.

Place the water chestnuts on a microwave broiling pan. Sprinkle with the brown sugar. Microwave on full power for 2-1/2 minutes. Turn the water chestnuts and continue to microwave for an additional 2-1/2 minutes. Drain on paper toweling.

Serve hot.

Yield: 3 dozen balls

Appetizers

Per Serving (excluding unknown items): 500 Calories; 22g Fat (39.1% calories from fat); 22g Protein; 55g Carbohydrate; 3g Dietary Fiber; 38mg Cholesterol; 8953mg Sodium. Exchanges: 2 Lean Meat; 4 1/2 Vegetable; 3 Fat; 2 1/2 Other Carbohydrates.