

# Chicken Shawarma

## Ingredients for Life

This homestyle shawarma makes easy work of a meal that traditionally takes all day slow roasting. Marinating the chicken in Greek yogurt and warm spices to ensure it's flavorful and juicy—never dry!

**Serves 4**   **Serving size:** 1 wrap   **Prep time:** 30 minutes + marinade time   **Cook time:** 10 minutes   **Total time:** 40 minutes

## Ingredients

### Shawarma-Spiced Chicken

- 2 teaspoons cumin powder
- 2 teaspoons coriander powder
- 1/2 teaspoon cayenne powder
- 1 teaspoon smoked paprika
- Sprinkle of ground cinnamon
- 1 teaspoon salt
- 2 Tablespoons plain Greek yogurt
- 1 pound chicken breast, thinly sliced
- 1 Tablespoon olive oil

### Cucumber Tomato Salad

- 1 pint cherry tomatoes, diced
- 1 large cucumber, diced
- 1 cup parsley, coarsely minced

- 1½ Tablespoon olive oil
- 2 teaspoon lemon juice
- Pinch of salt

### Yogurt Cucumber Sauce

- 1 cucumber or 1/2 European cucumber, peeled and seeded
- 1 cup nonfat, plain Greek yogurt
- 1 Tablespoon fresh dill, chopped fine or 1 teaspoon dried dill
- 2–3 Tablespoons of lemon juice (or the juice from 1 lemon)
- Pinch of salt

### To Serve

- 4 whole-wheat flatbreads
- 4 cups mixed greens



## Directions

### For Chicken

1. Stir together spices, salt, and yogurt.
2. Place thinly sliced chicken and spice-yogurt mixture in a gallon-size freezer bag.
3. Seal the bag and massage marinade into the chicken.
4. Refrigerate for at least 30 minutes up to overnight.
5. To cook, heat oil in a large skillet over medium-high heat.
6. Add chicken and cook for 8–10 minutes or until internal temperature reaches 165°F.

### For Cucumber Tomato Salad

1. Toss all ingredients together and store in an airtight container.

### For Yogurt Cucumber Sauce

1. Peel and seed the cucumber.
  - Removing the seeds is important so your sauce is not watery.
2. Grate the cucumber using the medium or large size on a box grater. Or you can also grate using a food processor.
3. Mix all remaining ingredients. Start with 1/2 teaspoon salt and adjust if needed.
4. Store in an airtight container.

### To Serve

1. Layer greens, cucumber tomato salad, and chicken on a flatbread.
2. Top with sauce.
3. Roll up and serve.

## Nutrition Facts

Serves 1  
Serving size 1 sandwich (492g)

Amount per serving  
**Calories** **390**

% Daily Value\*

<b>Total Fat</b> 13g	<b>19%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat -1g	
<b>Cholesterol</b> 2mg	<b>1%</b>
<b>Sodium</b> 682mg	<b>28%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 11g	<b>43%</b>
Total Sugars 11g	
<b>Protein</b> 42g	<b>85%</b>
Vitamin D 0mcg	0%
Calcium 169mg	17%
Iron 4mg	24%
Potassium 764mg	22%
Phosphorus 423mg	42%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Nutrition information based on recipe made with a whole wheat wrap and 1/4 of the chicken, salad, and sauce.*