

SHAWARMA-STYLE CHICKEN “NACHOS” WITH CUCUMBER, TOMATO, AND TAHINI

Yield: 6 to 8 Portions

| Ingredients | Amounts |
|---|-------------------------------|
| <i>Tahini Yogurt (alternative sauce for your nachos or shawarma)</i> | |
| Tahini | ½ cup |
| Greek yogurt or labne, plain, whole milk, or low/reduced fat | ½ cup |
| Lemon juice | 1 Tbsp. |
| Extra-virgin olive oil | 2 Tbsp. |
| Cumin, ground | 2 tsp. |
| Garlic, minced | 1 tsp. |
| Water | 1 Tbsp. |
| Salt | 1 tsp. |
| <i>Chicken Shawarma</i> | |
| Chicken thigh, boneless, skinless | 6 ea. |
| Yogurt, plain, whole milk or reduced/low fat | ¾ cup |
| Lemon juice | 2 Tbsp. |
| Cinnamon, ground | ¾ tsp. |
| Cumin, ground | 1 tsp. |
| Allspice, ground | ¾ tsp. |
| Black pepper, ground | ¼ tsp. |
| Turmeric | ½ tsp. |
| Salt | 1 tsp. + additional as needed |
| Extra-virgin olive oil | 1 Tbsp. |
| <i>Assembly</i> | |
| Whole wheat pita bread, 8” round split in half to make 2 thin disks | 2 ea. |
| Olive oil | 4 Tbsp. |
| Cucumber, peeled and diced | 1 cup |
| Tomato, diced | 1 ½ cups |
| Romaine lettuce, sliced into thin ribbons | 2 cups |
| Mint leaves, large, sliced in ¼ inch ribbons the long way on the leaf | 6 ea. |
| Sumac for sprinkling on top (optional) or substitute lemon zest | as needed |

Method

1. *For the Tahini Yogurt:* Blend all ingredients in a food processor and season really well with salt. It should be thick and creamy.
2. *For the Chicken Shawarma:* Combine the chicken thighs, ½ cup of yogurt, lemon juice, cinnamon, cumin, allspice, black pepper, turmeric, 1 teaspoon salt and 1 tablespoon olive oil in a large mixing bowl and combine. Place covered in the refrigerator for 1 to 2 hours. Or use a zip lock bag to chill and marinate the mixture in.
3. Pre-heat oven to 375°F.
4. Place the chicken thighs on a baking sheet in one even layer and roast in the oven for 40 minutes, or until crisp around the edges, golden brown and tender when squeezed with a pair of tongs. Allow them to cool for at least 5 minutes before slicing.
5. While the chicken is cooking, tear or cut the pita breads into a large chip size and open them so that they are thin pieces. Place them in a large mixing bowl with 4 tablespoons of olive oil and massage the oil into the pita so that it's evenly coating the bread.
6. Place in the oven and toast them until they are golden and crisp, about 8 to 10 minutes
7. Slice the chicken lengthwise into bite size pieces.
8. Assemble the nachos by spreading the pita chips out on a large platter or a clean baking sheet.
9. Distribute the tahini yogurt evenly so that each chip has a teaspoon or more on each. Sprinkle the chicken over the top followed by the cucumber, tomato, lettuce, mint and sumac.

Nutrition Information (per portion/serving, prepared with low-fat yogurt)

Calories: 390/Protein: 19 g/Carbohydrate: 19 g/Fiber: 3 g/Carbohydrate to Fiber ratio: 6.5
Saturated fat: 4.5 g/Polyunsaturated fat: 6 g/Monounsaturated fat: 15 g
Trans fat: 0 g/Sodium: 560 mg / Potassium: 330 mg / Added sugar: 0 g

Source: Ana Sortun, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.
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