

## Chicken Shawarma

8 servings

- 1 pound chicken breast, skinless and boneless, cut into thin strips
- 1 Tablespoon olive oil
- 3 Tablespoons lemon juice
- 1 teaspoon turmeric
- 1 Tablespoon paprika
- 1 teaspoon black pepper
- ½ teaspoon crushed red pepper
- ½ teaspoon salt
- 8 whole wheat pitas\*
- ¼ cup light mayonnaise
- 2 tomatoes, gently rubbed under cold running water, sliced into strips
- 3 dill pickles, sliced into strips
- ½ cup pickled turnip, sliced into strips (optional)



1. Wash hands with soap and water.
2. In a large bowl, combine chicken, olive oil, lemon juice, turmeric, paprika, black pepper, crushed red pepper, and salt.
3. Heat a large skillet over medium-high heat. Cook chicken until internal temperature reaches 165 °F as measured with a food thermometer.
4. Drain excess liquid from the chicken and return to the stove. Cook for an additional 5 minutes or until the chicken is browned.
5. Place one pita on a plate. Spread ½ Tablespoon of mayonnaise and top with ⅓ of cooked chicken. Top with tomatoes and pickles.
6. Roll up pita. Repeat with the remaining 7 pitas.
7. Reheat the skillet over medium heat. Cook pitas until brown on two sides.
8. Chicken Shawarma pairs very well with Tzaziki dip, salad, and hummus.
9. Store leftovers in a sealed container in the refrigerator for up to four days.

**Nutrition Information per Serving (1/8 of recipe):** Calories 220, Total Fat 8g, Saturated Fat 2.5 g, Cholesterol 45 mg, Sodium 490 mg, Total Carbohydrate 21g, Dietary Fiber 4g, Sugars 2g, includes 1g Added Sugars, Protein 16g, Potassium 8%, Vit D 0%, Calcium 10%, Iron 10%.