

Chicken Shawarma

with Tzatziki, Hummus & Beet Salad

This dish gets its name from the way it's traditionally cooked. The Arabic word "shawarma" comes from a Turkish word that means "turning". For shawarma, meat is placed on a spit and grilled, sometimes for over a day. In this recipe, we're using ground chicken and browning it with a blend of 6 spices. In addition to saving time, this method makes sure every bite is evenly seasoned, tender and delicious!



Ingredients

- 5 Red Baby Beets
- 3 Cloves Garlic
- 1 Bunch Fresh Dill
- 1 Lemon
- 1 Mini Cucumber
- 1 Yellow Onion
- 1 Shallot
- 1 Tablespoon Red Wine Vinegar
- ¼ Head Romaine Lettuce
- 6 Ounces Plain Nonfat Greek Yogurt
- 10 Ounces Ground Chicken
- 2 6-Inch Whole Wheat Pitas
- ½ Cup Hummus
- 2 Teaspoons Shawarma Spice Blend
(Cumin, Coriander, Turmeric, Cinnamon, Sweet Paprika & Cardamom)

Makes 2 Servings

About 630 Calories Per Serving

Instructions



Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Peel and mince the garlic, then, using the flat side of your knife, smash until it resembles a paste. Finely chop the dill. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of lemon zest. Quarter the lemon and remove the seeds. Small dice the cucumber. Peel and thinly slice the onion. Peel and mince the shallot and place in a medium bowl with the **red wine vinegar**. Thinly slice the lettuce.



Make the beet salad:

Once the water is boiling, add the **beets** and cook 25 to 28 minutes, or until tender when pierced with a fork. Drain thoroughly. Using a paper towel, gently rub the skins off of the beets. Slice each beet in half lengthwise and toss with the **shallot-vinegar mixture** and **2 teaspoons olive oil**; season with salt and pepper to taste.



Make the tzatziki:

In a small bowl, combine the **Greek yogurt, lemon zest, dill, cucumber, half of the garlic paste** (save the rest for the vegetables) and **the juice of 2 lemon wedges**. Season with salt and pepper and cover. Place in the refrigerator while you finish cooking.



Cook the chicken:

In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **ground chicken** and season with salt and pepper. Cook 2 to 3 minutes, or until mostly cooked through, frequently breaking apart the meat with a spoon.



Cook the vegetables:

Add the **onion, Shawarma spice blend** and **remaining garlic** to the pan of chicken. (If the pan is dry, add another teaspoon of olive oil.) Cook, stirring frequently, 3 to 5 minutes, or until the chicken is browned and cooked through and the vegetables are softened.



Toast the pitas & plate your dish:

Using tongs, place the **pitas** directly on the oven rack and toast for 3 to 4 minutes, or until warmed and toasted. Remove from oven. When cool enough to handle, cut each pita in half (into half circles). To plate your dish, spread $\frac{1}{4}$ of the **hummus** inside each pita half and fill with the **chicken-vegetable mixture** and **lettuce**. Spoon some of the **tzatziki sauce** into each pita. Divide the pitas between 2 plates and serve with the **beet salad** on the side. Garnish with the **remaining lemon wedges**. Enjoy!