

Lebanese Chicken Fattah

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-fattah-lebanese-recipe>

Ingredients:

- 15 ounces chickpeas rinsed/drained
- 1 pita bread large Arabic, cut into pieces, toasted with olive oil, salt and pepper
- 2 tablespoons extra virgin olive oil divided
- 1/4 cup pine nuts
- 1 pound skinless chicken breast boneless/
- 1/2 teaspoon garlic powder
- 1/2 teaspoon coriander
- 1/2 teaspoon thyme
- 1/4 teaspoon paprika
- salt to taste
- white pepper to taste
- 3 tablespoons chopped parsley fresh
- 1 teaspoon olive oil
- 2 garlic cloves minced
- 1/2 teaspoon coarse salt
- 30 ounces low fat plain yogurt

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 75 milligrams
4. Fat: 19 grams
5. Fiber: 7 grams
6. Protein: 45 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1180 milligrams
9. Sugar: 18 grams

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