

Chicken Shawarma with Hummus & Pita

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-pita-chicken-recipe>

Ingredients:

- 1 lemon zest and Juice of
- 1/4 cup olive oil
- 4 cloves garlic peeled and minced
- 1/2 teaspoon coarse salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika or paprika
- 1/4 teaspoon tumeric
- 1 pinch nutmeg cloves and/or cinnamon
- 1 pinch crushed red pepper or more, as desired
- 1 pound boneless chicken skinless thigh trimmed of excess fat
- 15 ounces garbanzo beans drained and rinsed
- 1/4 cup tahini sesame seed paste
- 3 cloves garlic peeled
- 2 lemon zest and Juice of
- salt
- pepper
- 1 pinch paprika
- 1/2 cup olive oil
- pitas Whole grain, I like Ezekiel
- cucumber tomatoes, olives, capers, cilantro, plain Greek yogurt, parsley, tzatziki, lemon juice

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 50 milligrams
4. Fat: 35 grams

5. Fiber: 8 grams
 6. Protein: 23 grams
 7. SaturatedFat: 5 grams
 8. Sodium: 680 milligrams
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