

chicken shawarma

Makes 5 servings

INGREDIENTS

9.6 oz. frozen diced chicken
15 oz. white cheese sauce blend
1/8 tsp ground cumin
1/8 tsp ground coriander
1/8 tsp granulated garlic
1/8 tsp paprika
Pinch ground cinnamon
Pinch ground cloves
Pinch ground cayenne pepper
1 pt + 1/2 cup brown rice, cooked
5 flatbread pita halves
1-1/4 cup romaine, torn
10 oz. tomato, chopped
10 oz. raw cucumber, peeled & chopped
10 oz. red onion, raw & chopped

Greek Sauce Recipe:

6-1/2 oz. yogurt bulk nonfat plain
1/3 cup raw cucumber, chopped
2-1/2 tsp sweet red pepper, chopped
1/4 tsp lemon juice
1/2 tsp garlic powder
Pinch ground black pepper

INSTRUCTIONS

1. In a 8x8 pan, combine chicken, cheese sauce and spices together. Cover. Heat in a 350°F oven until temperature reaches 165°F and flavors are well blended.
2. Hold at 135°F. or warmer.
3. Portion a #6 scoop (2/3 cup) of cheesy chicken onto 1/2 cup brown rice, serve with 1/2 pita and 1/4 cup Greek Sauce.

Greek Sauce

1. Combine all ingredients in a small bowl and chill at least 2 hours for flavors to blend. Refrigerate until ready to use.

NUTRITIONAL FACTS:

PER SERVING

Calories: 475
Total Fat: 15 g
Saturated Fat: 7 g
Cholesterol: 82 mg
Sodium: 772 mg
Iron: 3.1 mg
Calcium: 417 mg
Protein: 34 g
Carbohydrates: 56 g
Dietary Fiber: 6 g
Vitamin A: 1722 IU
Vitamin C: 17 mg

