

# Sheet Pan Mediterranean Chicken

Serves 4

## Shawarma Ingredients

2 pounds chicken breast tenders, cut into strips  
Juice from one lemon  
2 tablespoons extra virgin olive oil  
3 tablespoons plain Greek yogurt  
3 cloves garlic, minced  
1 teaspoon paprika  
1/3 teaspoon ground cinnamon  
1 teaspoon cumin  
1 1/2 teaspoons Kosher salt  
3/4 teaspoons freshly ground pepper to taste

2 tablespoons extra virgin olive oil  
1 large red onion, cut into large chunks  
2 pints cherry tomatoes  
5 sprigs fresh thyme  
Kosher salt and freshly ground pepper

## Yogurt Sauce

Juice zest of one lemon  
3/4 cup plain Greek yogurt  
1 English cucumber, seeded, finely chopped or grated  
1/4 cup dill pickles, finely chopped  
2 tablespoons fresh dill, finely chopped  
2 cloves garlic, minced or pressed  
2 tablespoons extra virgin olive oil  
Kosher salt and freshly ground pepper to taste

Brown rice, quinoa or pita wraps for serving



## Steps

1. In a large bowl combine the chicken strips, lemon juice, olive oil, yogurt, garlic, paprika, cinnamon, cumin and 1 1/2 teaspoons salt and 3/4 teaspoons freshly ground pepper. Cover and allow to marinate overnight if possible.
2. Next day: preheat oven to 400°F. Toss the onion wedges, tomatoes and thyme sprigs on a baking sheet pan with the oil and salt and pepper. Drag the veggies to one half of the pan. Add the chicken and juice from marinade to the other side of the pan and bake for about 25-30 minutes or until the chicken pieces are cooked to 165°F. Remove from the oven. If making a wrap, equally portion the chicken and veggies between four pitas and top with the cucumber sauce. If serving over rice or quinoa, put the rice or quinoa at the bottom of a large bowl/serving plate and add the chicken, veggies and any juice on top of the rice/quinoa mixture. Top with the cucumber sauce and serve hot.

\*\*To make the sauce, combine all the sauce ingredients in a small bowl and taste for seasoning.