

Sheet Pan Chicken Shawarma

Nutritional Highlights

- Paprika and cumin add flavor, aroma, and color to dishes without adding sodium or fat.
- The sweet potatoes and chicken in this dish provide fiber and protein for a hearty meal that will leave you full and satisfied.

Servings: 6

Ingredients

- 2 lbs chicken breast tenders
- 2 sweet potatoes, sliced into ¼ inch rounds
- 1 large red onion, sliced into ½ inch rounds
- 4 cloves garlic, peeled, minced
- 4 Tbsp olive oil
- 1 Tbsp honey
- 1 Tbsp paprika
- 2 tsp cumin
- Pinch of cinnamon
- 1 tsp red pepper flakes
- Juice of 2 lemons, save the lemons to add to sheet pan
- Kosher salt and pepper
- 1 Tbsp toasted sesame seeds
- Toppings: arugula, cucumbers, feta, hummus, dill or parsley, whole wheat pita or naan

Directions

- Preheat oven to 425°F. Spray a large baking sheet with olive oil cooking spray and set aside.
- In a large bowl, combine chicken, sweet potatoes, red onion, garlic, 2 T olive oil, honey, paprika, cumin, red pepper flakes, lemon and salt and pepper. Toss well to coat.
- Spread the chicken mixture in an even layer on prepared baking sheet. Add the juiced lemons. Drizzle with a little more olive oil if it looks dry, and sprinkle with sesame seeds, salt and pepper.
- Place chicken in oven and roast 30-40 minutes, stirring halfway through cooking. Cook until chicken reaches an internal temperature of 165°F and sweet potatoes are tender.
- Place the chicken and vegetables in individual serving bowls and top with arugula, cucumbers, feta, hummus, and herbs! If desired, drizzle more lemon juice and olive oil on top before serving. Enjoy with whole wheat pita or naan.