

# Middle Eastern Cooking

## HUMMUS

Servings: 4

### INGREDIENTS:

- 1 can chick peas, drained (reserve liquid)
- 1 lemon juiced
- ½ teaspoon salt
- 1 tablespoon nonfat plain yogurt
- 1 tablespoon tahini sauce (sesame paste)

### DIRECTIONS:

Place all ingredients in blender with about 2 tablespoons of liquid. Blend until purified. Add liquid continuously until consistency is reached. Add salt to taste

## YOGURT SAUCE

- ½ cup of plain nonfat yogurt
- 1 teaspoon tahini sauce
- Sprinkle of salt
- Juice of ½ lemon



## CHICKEN SHAWARMA

Serves: 4

### INGREDIENTS:

- 3 boneless, skinless chicken breasts
- 1/3 cup nonfat plain yogurt
- Juice of 2 lemons
- 1 teaspoon salt
- 1 teaspoon garlic salt
- 3 garlic cloves crushed
- 1 teaspoon lemon pepper
- ½ teaspoon paprika
- 1/3 cup extra virgin olive oil
- ½ teaspoon coriander
- ½ teaspoon white pepper
- ½ teaspoon all spice

### DIRECTIONS:

Pound the chicken lightly. Add all ingredients to marinade the chicken. Poke holes in the chicken.

Sautee over medium high heat in olive oil until crust forms on chicken (chicken will not be fully cooked yet). After resting, slice chicken very thin. Add remainder of marinade over sliced chicken, cover and place in oven until chicken is cooked.

### *ASSEMBLE SHAWARMA SANDWICH*

Add hummus, chicken, red cabbage, tomatoes, cucumber and yogurt sauce to pita pocket.