

Makes: 10 Servings

INGREDIENTS (Key: T = Tablespoon, t = teaspoon, oz = ounce)

- 1 T allspice
- 2 t oregano
- 1 ½ t garlic powder
- 1 t cinnamon
- 1 cup plain non-fat Greek yogurt
- ½ cup freshly squeezed lemon juice (about 2 large lemons)
- 2 ½ pounds boneless skinless chicken thighs

For Serving: whole wheat pita bread, thinly sliced red onion, diced tomatoes, sliced cucumbers, hummus or tzatziki sauce

DIRECTIONS

1. In a small bowl, stir together the allspice, oregano, garlic powder, and cinnamon. Set aside.
2. Place the yogurt and lemon juice in the bottom of a shallow baking dish. Add half of the spice mixture (reserve the second half) and stir to combine. Add the chicken thighs and gently turn to coat in the yogurt mixture. Cover and refrigerate for 4 hours or overnight.
3. Coat the bottom of a slow cooker with cooking spray. Add the chicken and all the yogurt marinade.
4. Cover and cook on high for 2 hours or low for 4 hours, until the chicken is tender and cooked through.
5. With a fork or slotted spoon, transfer the chicken to a large bowl (discard the cooking liquid). Shred the chicken with two forks, then sprinkle the remaining spice mixture over top. Stir to coat with the reserved spices.
6. Serve the chicken inside pita bread and add any desired toppings (tomatoes, onions, cucumbers, etc.)

NUTRITION INFORMATION (for each serving)

Calories: 257

Fat: 12 grams

Saturated fat: 3 grams

Cholesterol: 109 milligrams

Total Carbohydrates: 3 grams

Fiber: 0 grams

Sodium: 109 milligrams

Protein: 32 grams

FROM

“Slow Cooker Yogurt Chicken Shawarma.” Wellplated. Available at: <https://www.wellplated.com/slow-cooker-yogurt-chicken-shawarma/>. Accessed May 13, 2019.