

Chicken Shawarma

Thumbs up for this Chicken Shawarma recipe! It's packed with the flavors of warm Middle Eastern spices, tender roasted chicken, and a yogurt drizzle, making it a flavorful, fun, and easy-to-prepare option for school lunch menus.

CACFP Crediting Information:

1 piece of chicken provides 3.00 oz eq meat/meat alternate.



Preparation Time: 20 minutes

Cooking Time: 15 minutes

Makes: 6 servings

Ingredients

- 1 Tbsp olive oil
- 2 tsp lemon juice, fresh
- $\frac{3}{4}$ tsp oregano, ground
- $\frac{1}{2}$ large garlic clove chopped
- $\frac{1}{4}$ tsp coriander, ground
- $\frac{1}{8}$ tsp cayenne pepper
- $\frac{1}{8}$ tsp turmeric
- $\frac{1}{8}$ tsp cinnamon, ground
- $\frac{1}{8}$ tsp cumin, ground
- $\frac{1}{8}$ tsp cardamon
- 1 pinch nutmeg
- $\frac{1}{8}$ tsp pepper, black, ground
- 1 $\frac{1}{2}$ tsp vegetable oil
- 1 lb 3 oz chicken breast, cooked, boneless, skinless, strips
- Sauce:
- $\frac{1}{4}$ cup low-fat mayonnaise
- $\frac{1}{4}$ cup (2 oz) Greek yogurt, plain, low-fat
- 1 $\frac{1}{2}$ tsp white vinegar
- 1 $\frac{1}{2}$ tsp lime juice
- $\frac{1}{4}$ whole garlic clove
- $\frac{1}{4}$ tsp sugar
- $\frac{1}{4}$ tsp parsley, dried
- 1 pinch salt

Directions

- 1** Preheat oven:
Conventional oven: 375 °F.
Convection oven: 350 °F.
- 2** In a small mixing bowl, combine olive oil, lemon juice, oregano, garlic, coriander, cayenne pepper, turmeric, cinnamon, cumin, cardamom, nutmeg, and black pepper. Stir well and add to chicken. Toss or rub chicken portions in spice mixture until fully incorporated. Allow chicken to marinate for at least 30 minutes.
- 3** Transfer mixture to a 9"x13" baking pan and spray with a pan-release spray. Spread out to evenly brown in a hot oven for 10 minutes. Remove from heat and hold for hot service.
Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds. Hold for hot service at 140 °F or higher until served.
- 4** In a small mixing bowl, combine mayonnaise, yogurt, vinegar, lime juice, garlic, sugar, parsley, and salt. Whisk briskly to combine. Save until step 5.
Critical Control Point:
Hold for cold service at 41 °F or below.
- 5** Serve 2 oz portion ($\frac{1}{4}$ cup). Drizzle sauce on top of chicken. Serve immediately.

NUTRITION INFORMATION

1/4 cup (2 oz spoodle)

NUTRIENTS

AMOUNT

Calories	215
Total Fat	14 g
Saturated Fat	3 g
Cholesterol	83 mg
Sodium	403 mg
Total Carbohydrate	9 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars	0 g
Protein	15 g
Vitamin C	1 mg
Calcium	9 mg
Iron	0 mg

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Source:

USDA Standardized Recipe Project — 2025