

Chicken Pita Sandwiches with Harissa Sauce

Slow Cooker

Ingredients

- 1 lemon (zest and juice)
- 1 tbsp. ground cumin
- 1 tbsp. dried oregano
- 3 tbsp. garlic (grated)
- ½ tsp. ground allspice
- ½ tsp. kosher salt
- ½ tsp. ground pepper
- 3 lbs. boneless, skinless chicken thighs (trimmed)
- 6 tbsp. tahini
- ¼ cup water
- 2 tbsp. harissa paste
- 8 whole-wheat pitas (warmed if desired)
- Romaine (enough to top each pita for serving)
- Diced tomatoes (enough to top each pita for serving)
- Slivered red onion (enough to top each pita for serving)

Directions

- Combine lemon zest and juice, cumin, oregano, 2 tsp. garlic, allspice and ¼ tsp each salt and pepper in a 6-quart or larger slow cooker. Add chicken and toss to coat. Cook on Low for 4 hours.
- Meanwhile, whisk tahini, water, harissa, the remaining 1 tsp. garlic and 1/8 tsp. each salt and pepper in a small bowl.
- Refrigerate until ready to serve.
- Transfer the chicken to a clean cutting board and let rest for 5 minutes. Shred the chicken and toss in a bowl with ¼ cup of the juices from the slow cooker and the remaining 1/8 tsp. each salt and pepper.
- Serve the chicken in pitas with the sauce and lettuce, tomato and onion, if desired.
- Enjoy!

Adapted from EatingWell

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