



One Sheet Pan Shawarma



Ingredients



Adapted from *This Mess is Ours*

- 4 Tbsp. lemon juice
- 1/2 cup olive oil
- 3 tsp. minced garlic
- 1 tsp. salt
- 2 tsp. black pepper
- 2 tsp. cumin
- 1 tsp. coriander
- 2 tsp. paprika
- 1 tsp. turmeric
- 2 cups chickpeas
- 1 head of cauliflower
- 2 small red onions
- 1 whole lemon



Directions



Yield: 6 cups Serving size: 1 cup

Total cost: \$9.15

Serving cost: \$1.52

1. Preheat oven to 400° F and line a baking sheet with parchment paper. Cut your head of cauliflower into florets and put aside.
2. In a large mixing bowl, combine lemon juice, olive oil, and spices. Whisk to combine.
3. Add chickpeas and cauliflower to mixture. Turn the vegetables until they are all coated.
4. Add the seasoned chickpeas and cauliflower to the sheet pan. Cut onions and lemon into quarters and arrange around the sheet.
5. Bake for 25-30 minutes, until the vegetables are tender. Squeeze roasted lemon over the pan.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Add in other vegetables you think would go well in the dish, like carrots or potatoes. Add fully cooked smaller vegetables, like peas, to the sheet in the last few minutes the sheet is in the oven.
- If you would like to add tofu or tempeh, let soak in the marinade for 10 minutes before putting on the sheet. For chicken, separate the marinade into two bowls, marinate the chicken for 10 minutes, and cook separately.

Nutrition Facts

6 servings per container

Serving size 1 cup (1g)

Amount Per Serving

Calories 260

% Daily Value*

Total Fat 20g 26%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 500mg 22%

Total Carbohydrate 20g 7%

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 65mg 4%

Iron 1.62mg 8%

Potassium 564mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

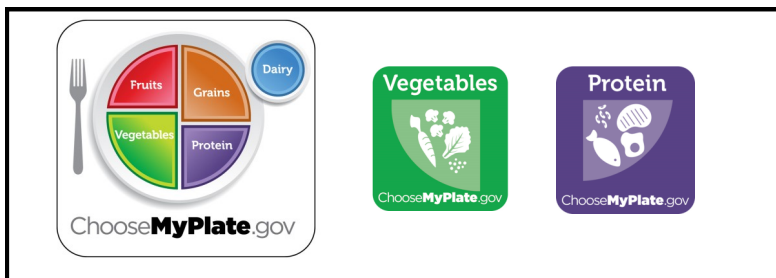
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