

## **Tangy Turmeric Chicken Wraps**

### **Ingredients**

- 1 cup plain yogurt
- 1/2 onion, chopped
- 2 tablespoons lemon juice
- 1 tablespoon ground turmeric
- 1/4 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/8 teaspoon ground ginger
- 1/8 teaspoon cayenne pepper
- ground black pepper to taste
- 2 skinless, boneless chicken breast halves - cut into strips
- 1/4 cup water
- 1 teaspoon vegetable oil
- 4 pita breads
- 1 medium cucumber, diced
- 1 bunch fresh parsley, finely chopped

### **Directions**

Whisk together the yogurt, onion, lemon juice, turmeric, cumin, paprika, salt, ginger, cayenne pepper, and black pepper in a large glass or ceramic bowl. Add the chicken and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for at least 1 hour.

Preheat an outdoor grill for high heat, and lightly oil the grate. Remove the chicken from the marinade, and shake off excess. Cook the chicken on the preheated grill until well-browned and no longer pink in the center, 5 to 7 minutes.

Cut the chicken into bite-sized pieces. Set aside. Pour the water, oil, and remaining marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low, and simmer until thickened and bubbling, about 10 minutes; stir in the chicken. Serve chicken on the pita breads, and top with cucumber and parsley.

## **Golden Turmeric Latkes with Applesauce**

### **Ingredients Sauce**

- 1 tablespoon canola oil
- 2 teaspoons grated fresh ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cloves
- 1 cup unsweetened applesauce

### **LATKES**

- 2 cups shredded peeled russet potatoes
- 1 small onion, finely chopped
- 1-2 fresh green serrano chiles, stemmed and finely chopped (optional)
- 3 tablespoons finely chopped fresh cilantro leaves and tender stems
- 1/2 cup chickpea flour (see Note) or unbleached all-purpose flour
- 1 teaspoon ground cumin
- 1 teaspoon kosher or sea salt 1/2 teaspoon ground turmeric
- 2 large eggs, slightly beaten
- 2 tablespoons canola oil, divided

### **To prepare sauce:**

Heat 1 tablespoon oil in a small skillet over medium-high heat. Add ginger and cook, stirring, until light brown and aromatic, 30 seconds to 1 minute. Stir in turmeric and cloves. Cook until the spices are fragrant, 30 seconds to 1 minute more. Scrape the spices into the applesauce in a small bowl and stir well to combine.

Preheat oven to 200°F. Place a baking sheet in the oven. To prepare latkes: Thoroughly mix potatoes, onion, chiles to taste, cilantro, flour, cumin, salt, turmeric and eggs in a large bowl.

Heat 1 tablespoon oil in a large nonstick skillet or griddle over medium heat. Place a heaping tablespoon of the potato mixture in the skillet and flatten with a spatula into a disk roughly 3 inches in diameter. Form as many latkes as you can in the pan without overcrowding.

Cook until golden brown and crispy on the bottom, 3 to 5 minutes. Flip and continue cooking until the other side is golden brown and crispy, 3 to 5 minutes. Briefly drain on a paper towel-lined plate, and then transfer to the oven to keep warm. Repeat with the remaining oil and potato mixture.

Serve the latkes with the seasoned applesauce.

### **Turmeric Egg Salad Sandwich, serves 2-3**

Ingredients:

- 5 hard boiled eggs - peeled and cut in half
- 1/4 cup mayonnaise or plain yogurt
- 1/2 tsp of Season with Spice's ground turmeric
- 1/2 small red onion - chopped
- 1 tbsp chives (optional)
- Cucumber slices
- Salt and black pepper to taste

### **Directions:**

1. In a bowl, combine mayonnaise, salt, and ground turmeric. Mix well.
2. Use a fork to mash the hard boiled eggs to your desired texture, then add in red onion (and chives), and stir in the mayonnaise mix.
3. Serve on toast or soft whole grain bread. Place cucumber slices on top and sprinkle with freshly ground black pepper.

### **Variations:**

1. Feel free to use any type of onion - red, yellow or green.
2. Sprinkle a dash of our Sweet & Spicy Curry Powder for a new flavor.
3. Try spreading Dijon mustard or wasabi (Mark's favorite) on the bread for even more flavor.

### **Ginger Turmeric Herbal Tea Ingredients**

- 2 cups water
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon chopped fresh ginger
- 1/2 teaspoon ground cinnamon (optional)
- 1 tablespoon honey
- 1 lemon wedge

Bring water to a boil in a small saucepan; add turmeric, ginger, and cinnamon.

Reduce heat to medium-low and simmer for 10 minutes. Strain tea into a large glass; add honey and lemon wedge.