



# WELLNESS

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GEHA



## EAT LIKE THE CHIEFS

Senior Executive Chef Erin Wishon shares one of her favorite recipes from inside the Chiefs kitchen.



### PEANUT BUTTER CHICKEN

#### INGREDIENTS FOR CHICKEN:

- |                                   |          |
|-----------------------------------|----------|
| • Chicken, Thigh, Boneless, 4 oz. | 4 pieces |
| • Oil, Sesame                     | 2 Tbsp   |
| • Oil, Vegetable                  | 2 Tbsp   |
| • Asian 5 Spice                   | 2 tsp    |
| • Garlic Powder                   | ½ tsp    |
| • Salt & Pepper                   | ¼ tsp    |

#### INGREDIENTS FOR PEANUT SAUCE:

- |                                     |        |
|-------------------------------------|--------|
| • Peanut Butter                     | ¼ cup  |
| • Soy Sauce                         | 1 Tbsp |
| • Maple Syrup                       | 1 Tbsp |
| • Chili Garlic or Sweet Chili Sauce | 2 tsp  |
| • Lime Juice, Fresh                 | 1 Tbsp |
| • Water                             | ¼ cup  |
| • Chopped Peanuts (Garnish)         | ¼ cup  |
| • Sesame Seeds (Optional Garnish)   | 2 tsp  |

#### INGREDIENTS FOR STIR FRIED VEGGIES:

- |                              |        |
|------------------------------|--------|
| • Kale, Chopped              | 1 cup  |
| • Carrots, Shredded          | ¼ cup  |
| • Bell Peppers, Small Dice   | ¼ cup  |
| • Zucchini, Seeded, Julienne | ½ cup  |
| • Salt, Kosher               | 1 tsp  |
| • Oil, Sesame                | 1 Tbsp |

#### PROCEDURE FOR CHICKEN & PEANUT SAUCE:

1. Mix together oils and seasonings. Coat chicken evenly. Place in a plastic bag and marinate for at least 2 hours or overnight if possible.
2. Remove chicken thigh from marinade and pat dry. Place on sheet pan with the skin side up. Cook at 400 degrees until internal temperature reaches 165 degrees and skin is crispy – approximately 12 minutes.
3. For the peanut sauce, combine the peanut butter, soy sauce, maple syrup, chili garlic and lime juice into a paste. Whisk in water until fully incorporated to reach the desired consistency.

#### PROCEDURE FOR STIR FRIED VEGGIES:

1. Drizzle sesame oil into a hot pan.
2. Add your choice of veggies to the hot oil, moving veggies around until just tender.
3. Season with salt and pepper.
4. Serve over brown rice & quinoa blend.

#### NOTES:

- Serve with 2 cups of brown rice & quinoa – 50/50 mix.
- Any type of chicken can be used – including chicken breast. This is also delicious with salmon.
- Chicken can also be replaced with Tofu or Jackfruit for a Vegan option!
- There are several different salad/slaw mixes available retail that can save you some prep time (and cooler space) for the stir fried veggies! Feel free to sub your favorite vegetables, just make sure you include some leafy greens



#### ERIN WISHON

Senior Executive Chef Erin Wishon is in her fifth year in Kansas City, directly overseeing both team and stadium culinary operations while providing two to three meals a day, six days a week for players and coaches with a focus on sports performance and nutrition. Prior to her time in Kansas City, Wishon oversaw culinary operations of three different NFL stadiums, an MLB stadium and multiple convention centers. She also served as an executive chef for the Major League Baseball All-Star Game in 2012 and advised the host facility with Super Bowl LII planning.