



# WELLNESS

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## EAT LIKE THE CHIEFS

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



### HONEY SOY SALMON WITH BROWN RICE

#### INGREDIENTS FOR HONEY SOY SALMON:

- |                          |          |
|--------------------------|----------|
| • Salmon, 6 oz. portions | 4 pieces |
| • Oil, Vegetable         | 2 Tbsp   |
| • Garlic, Cloves, Minced | 5 each   |
| • Honey (Local)          | 4 Tbsp   |
| • Water                  | 2 Tbsp   |
| • Soy Sauce              | 2 Tbsp   |

#### INGREDIENTS FOR BROWN RICE:

- |                           |          |
|---------------------------|----------|
| • Brown Rice              | 1 cup    |
| • Water                   | 1 ¾ cups |
| • Salt                    | 2 tsp    |
| • Spinach, Fresh          | 3 oz     |
| • Tomatoes, Grape, Halved | 1 cup    |

#### PROCEDURE FOR HONEY SOY SALMON:

1. Season salmon with salt & pepper. Sear on medium high heat in a hot pan with oil.
2. Cook for approximately 6 minutes on each side or until internal temperature reaches 165.
3. Set salmon aside and lower heat to medium.
4. Add garlic to remaining oil and quickly sauté. Add soy sauce, honey, and water then bring to a simmer. Remove from heat.

#### PROCEDURE FOR BROWN RICE:

1. Bring 1 ¾ cups of salted water to a boil.
2. Add brown rice to the boiling water and simmer for approximately 20 minutes.
3. Remove from heat and cover for 10 minutes.
4. When ready to serve, fluff rice with fork and fold in fresh spinach and tomatoes. The heat from the rice will wilt the spinach and warm the tomatoes.

#### NOTES:

- When it comes to brown rice, the best option is long grain. It contains the bran and wheat germ which makes it more nutritious and more filling. It takes longer to cook but is well worth it.
- Salmon contains omega-3s which help reduce inflammation and lower blood pressure. It also contains antioxidants, potassium, and B12.
- Salmon can also be blackened or seasoned in any flavor profile you like.



#### 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.