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EAT LIKE THE CHIEFS

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

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.

POMEGRANATE SWEET POTATOES

YIELD: 4 SERVINGS

INGREDIENTS FOR SWEET POTATOES:

- Sweet Potatoes, Sliced — 2 Potatoes
- Maple Syrup, Raw — 2 Tbsp
- Kale, Chopped, Sauteed — 1 cup
- Carrots, Shaved — ½ Cup
- Pomegranate Arils — ½ Cup
- Pistachios, Chopped — 2 Tbsp

INGREDIENTS FOR YOGURT SAUCE:

- Greek Yogurt — ¼ Cup
- Olive Oil — ¼ tsp
- Salt & Pepper — to taste

PROCEDURE:

1. Peel sweet potatoes, cut into 2" cubes (or slices) and boil in salted water until tender – approximately 20 minutes.
2. In a bowl, whisk together plain Greek yogurt, olive oil and salt and pepper. Set aside.
3. Over medium heat, sauté kale and shaved carrots in olive oil until tender.
4. Drain sweet potatoes and drizzle with maple syrup.
5. Top with yogurt sauce, kale and carrot blend, pomegranate, and pistachios.

NOTES:

- Sweet potatoes are packed with vitamins A, C & E, magnesium (to combat stress and anxiety), potassium (blood pressure) and fiber.
- The yogurt sauce in this dish adds a cool, creamy (protein-filled!) contrast to the warm potatoes and crunchy pistachios & pomegranate. If you're looking to keep it dairy free, this dish is still delicious without it.
- While this makes a beautiful, nutritious appetizer it is a great side dish for any grilled meat or seafood. Leftovers are excellent on a bed of spinach or arugula for lunch the next day.

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