



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.



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.

TURKEY BURGER

YIELD: 4, 6 OZ BURGERS

INGREDIENTS FOR TURKEY BURGER:

- Turkey, Ground 1.5#
- Worcestershire 2 Tbsp
- Onion, Red, Small Dice ¼ Cup
- Parsley, Chopped 2 Tbsp
- Breadcrumbs ¼ Cup
- Garlic Powder 1 tsp
- Onion Powder 1 tsp
- Salt & Pepper 1 Tbsp
- Mayo, Light 3 Tbsp
- Garlic, Chopped 1 tsp

ADDITIONAL TOPPINGS

- Avocado 2 each
- Onion, Red, Sliced ¼ each
- Arugula 3 oz
- Tomato, Sliced 1 each
- Bun, Wheat

PROCEDURE:

1. In a bowl, mix together the ground turkey, Worcestershire, onion, parsley, breadcrumbs, seasonings, mayo and garlic until fully incorporated.
2. Divide mixture into 4 equal patties.
3. Preheat a skillet with olive oil to medium-high heat and sear patties until brown on both sides. Cook until an internal temperature of 165 is reached.
4. Build your burger! Place burger on bun and add the toppings of your choice.

NOTES:

- The mayonnaise in this recipe adds moisture and works with the breadcrumbs to bind the meat together so it will hold its shape.
- Gluten free breadcrumbs can be used for the binder. The wheat bun can be substituted with a lettuce wrap or a gluten free bun.
- This mixture can be made into meatballs or used for meat sauce.
- Serve with a baked sweet potato lightly dusted with cinnamon. The cinnamon will bring out the sweetness of the potato without adding calories!

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