



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.



LENTIL SALAD WITH CHAMPAGNE VINAIGRETTE

INGREDIENTS FOR LENTIL SALAD:

- Lentils 2 cups
- Water 6 cups
- Salt 1 Tbsp
- Kale, Chopped 4 cups
- Celery, Diced 4 stalks
- Carrots, Diced ½ cup
- Bell Pepper, Diced 1 cup

INGREDIENTS FOR CHAMPAGNE VINAIGRETTE:

- Garlic 2 cloves
- Mustard, Whole Grain ¼ cup
- Salt 1 tsp
- Vinegar, Champagne ½ cup
- Oil, Vegetable 1 cup
- Honey, Local ¼ cup
- Juice, Lemon 1 Tbsp
- Cayenne (Optional) Pinch

PROCEDURE FOR LENTIL SALAD:

1. Bring salted water to a boil.
2. Add lentils and simmer until lentils are tender – approximately 15 minutes.
3. Strain lentils, rinse and cool.
4. Chop kale and dice vegetables.
5. Once lentils are fully cooled, toss with veggies and a half cup of the champagne vinaigrette.
6. Place chopped kale into bowls and portion lentil salad onto the kale. Serve with added vinaigrette on the side.

PROCEDURE FOR CHAMPAGNE VINAIGRETTE:

1. In a blender, pulse all ingredients together until fully incorporated.
2. The mustard will help emulsify the oil and vinegar, giving the dressing a creamy look.

NOTES:

- Lentils are not only delicious and budget friendly, but extremely nutrient dense. They are full of protein, fiber, calcium, folate, iron, and folic acid.
- Lentils are very filling due to their high protein and fiber content.
- This is a weekly meal-prep friendly item and an excellent lunch on the go. Toss the lentils and veggies in the vinaigrette and place on a bed of kale. The kale is hearty enough to handle the vinaigrette without wilting. When it is time for lunch, toss the lentil mix with kale and you will have a fully dressed, deliciously filling salad to get you through your afternoon!



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.

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