



Honey Habenero Chicken

With green chili sauce & saffron citrus rice

Chicken ingredients

- 3 tablespoons extra virgin olive oil
- 1/4 cup lime juice, from 2 limes
- 4 large garlic cloves, chopped
- 1 tablespoon kosher salt
- 1 teaspoon crushed chili flakes
- 1 teaspoon honey habanero
- 2 teaspoons paprika
- 1 teaspoon black pepper
- 1 tablespoon cumin
- 1 teaspoon dried oregano
- 2 teaspoons sugar
- 2 pounds boneless chicken thighs (3-4 serving) cut into dice cubes or leave flat

Directions

Combine all ingredients and mix with chicken; let marinate 6+ hours.
Can be baked or grilled.



From the kitchen of
Chef Andre Rush

Humana
Foundation



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Green chili sauce ingredients

- 3 jalapeño chili peppers, seeded if desired (I use about half the seeds for a medium-hot sauce), and roughly chopped
- 1 cup packed fresh cilantro leaves (full bunch)
- 2 cloves garlic, roughly chopped
- 1/2 cup mayonnaise, low fat
- 1/4 cup sour cream or yogurt
- 1 tablespoon fresh lime juice, from one lime
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons extra virgin olive oil

Saffron rice ingredients

- 1 cup Jasmine rice
- 1 lime (clean)
- Saffron sprig
- 1 tablespoon salt

Directions

Put in blender, mix till smooth. Pour desired amount on top of chicken.

Directions

Rinse rice till water is clear. Put in rice cooker, zest lime and squeeze lime in. Add 2 cups water. Add salt and saffron. Stir and set till done. Use other 1/2 lime for zest and squeeze on final dish. Use radishes, lime, red leaf lettuce as garnish.



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Soy Ginger Salmon

With green onions and sesame seeds

Ingredients

- 3 to 4 portions salmon, skin on
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 3 teaspoons grated ginger
- 2 tablespoon melted butter
- 1 tablespoon grated garlic
- 3 tablespoons olive oil
- Toasted sesame seeds
- Small diced green onions

Directions

1. Preheat oven to 425° F
2. In a small saucepan, stir together garlic, soy sauce, butter, ginger and vinegar. Bring to a simmer on low heat till lukewarm. Remove from heat, and remove a few spoonfuls into a separate bowl for serving later.
3. Drizzle the salmon with olive oil and the mixture in the saucepan until covered. Place the salmon, skin side up, on your sheet pan or whatever you're using for the oven. Place in oven, cook for about 5 minutes, until salmon has a nice crust forming. Flip the salmon, skin side down, and use remaining marinade on top. Let cook for another 7 to 8 minutes. Remove from the oven and cover with foil and let it rest for a few minutes. Use remaining glaze to put over top and garnish with green onions and sesame seeds.



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Trail Mix Ultimate Energy Balls

Ingredients

- 1/4 cup almond butter
- 1 tbsp chia seeds
- 1/4 cup chocolate chips
- 1/4 cup toasted coconut flakes
- 1/4 cup nuts of choice
- 1/2 cup rolled oats
- 1/3 cup pure Maple syrup
- 1/4 cup hemp hearts (optional)
- 1/4 cup walnuts (optional)

Directions

Add all ingredients into a food processor and burst repeatedly until everything is blended and combined, but still has some texture. Use a scooper to roll out until your desired size. Store in an airtight container



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Lentil, Kale and Sweet Potato Salad

Ingredients

- 1 cup kale
- 1 cup cooked lentils
- 1 cup and 4 ounces cooked, diced sweet potatoes (Roast in oven for about 25 minutes at 350° F with olive oil, salt and pepper)
- 1/4 cup cranberries
- 1/4 cup roasted walnuts or pine nuts

Dressing

- 2 tablespoons tahini
- 1 juiced lemon
- 1/2 tbsp of red wine vinegar
- 1 tsp of maple syrup
- 1 heaping spoon of miso paste
- 2 to 3 tablespoons of water, add one at a time until you reach the right consistency

Directions

Mix all ingredients in a large bowl and enjoy!



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In the kitchen

National Mall
of Pickleball