

THE

CrossFit

KITCHEN



HENRY FORD'S WORLD-FAMOUS ASSEMBLY-LINE JALAPEÑO POPPERS

by Nick Massie

overview

Bacon-wrapped anything is a hit in the CrossFit community, and these Zone-balanced jalapeño poppers will be surefire winners at any gathering. Speaking of fire, choose your jalapeños wisely, and add sriracha sauce for those desirous of burning sensations not caused by fitness.

ingredients (16 Zone blocks)

- 8 jalapeños, halved vertically and seeded (4 carbohydrate blocks)
- 4 yams or sweet potatoes, roasted, peeled and cut into small chunks (12 carbohydrate blocks)
- 16 oz. shrimp, peeled, deveined and slit on belly (10 protein blocks)
- 16 bacon slices (6 protein blocks)
- 2 tbsp. *Massie Mayo* (optional) (16 fat blocks)
- Sriracha sauce (optional)
- Cilantro (optional)

directions

1. Fill hollowed-out jalapeño halves with sweet-potato chunks.
2. Lay the shrimp on top of the sweet potato.
3. Wrap the bacon around the jalapeño/sweet potato/shrimp popper so the end of the bacon slice is tucked underneath the popper.
4. Place a baking rack on top of a sheet pan lined with aluminum foil.
5. Place poppers on the baking rack with the bacon seam facing down.
6. Roast in the oven at 375 F for 15 minutes.
7. After 15 minutes, check the poppers and rotate the pan in the oven.
8. Roast for another 15-30 minutes or until bacon is crisp to your liking.
9. Remove from the oven, plate up and garnish as you see fit. You can refrigerate these up for up to a week or freeze them for up to 6 months.

