

THE

CrossFit

KITCHEN



"ZONED-OUT" DEEP-DISH BREAKFAST PIZZA

by Nick Massie

overview

Pizza for breakfast is often a hallmark of hard partying, but this morning "pie" is in the Zone and might be considered fuel for Fran.

ingredients (16 Zone blocks)

- 1 lb. hot Italian sausage (6 protein blocks)
- 1 large onion, diced (2 carbohydrate blocks)
- 3 poblano peppers, diced (2 carbohydrate blocks)
- 3 yams, roasted and roughly chopped (9 carbohydrate blocks)
- 3 c. mushrooms, sliced (1 carbohydrate block)
- 2 c. black olives, sliced (16 fat blocks)
- 3 large Roma tomatoes, diced (2 carbohydrate blocks)
- 10 whole eggs or 20 egg whites (10 protein blocks)
- Kosher salt, to taste
- Olive oil, as needed

directions

1. Heat a 14-in. cast-iron skillet over medium-high heat.
2. Add Italian sausage in small chunks and cook until done, then remove from pan. (Use a little olive oil if necessary, but rendered fat should be a sufficient cooking agent.)
3. Add onions, a touch of olive oil, the poblano peppers and some salt and cook for 5 minutes, stirring occasionally.

4. Add yams and mushrooms and salt lightly again. Cover pan with a lid or a piece of aluminum foil and cook 5 minutes longer.
5. While veggies are cooking, crack eggs into a bowl and whisk until uniform.
6. Remove lid from pan, add sausage, olives and tomatoes. Stir well, add eggs and cover again.
7. Cook until eggs are set, then remove lid/foil and broil the top side in the oven in order to dry it out and brown it slightly.
8. When finished, place a piece of parchment paper over the top, place an inverted sheet pan on top of that, and invert the skillet and pan together. Place on a counter and remove the skillet from the top.
9. Slice and eat immediately, or allow to cool completely, then slice, portion, wrap and freeze/refrigerate. Meals like this will take you from feeling sickly to moving large loads long distances quickly.

