

THE

CrossFit

KITCHEN



CHIPOTLE CHICKEN FRITTATA

By Nick Massie

Overview

This new recipe from Paleo Nick's Nick Massie combines eggs, chicken, bacon and veggies for a delicious breakfast-inspired dish you can enjoy anytime. Top with cilantro and Massie's salsa chipotle for an extra kick.

Frittata Ingredients

- 1 lb. ground chicken
- 12 eggs
- 3 slices bacon, chopped
- 3 yams, roasted until soft, peeled and sliced into $\frac{3}{4}$ -in. disks
- 2 yellow onions, diced
- 4 poblano peppers, diced
- 2 c. sun-dried tomatoes, soaked in warm water and strained
- 2 tbsp. Ga Ga Garlic
- 4 sprigs cilantro, to garnish

Salsa Chipotle Ingredients

- 5 large tomatoes
- 1 serrano pepper, stemmed, halved and seeded
- 2 garlic cloves, smashed with palm of hand
- Juice of 1 lime
- 2 tbsp. chipotle in adobo
- Kosher salt, to taste



Frittata Cooking Instructions:

1. Preheat your oven to 375 F.
2. Add bacon to a preheated cast-iron skillet and stir once or twice while you season the chicken.
3. Season ground chicken with 1 tbsp. Ga Ga Garlic. Push bacon to one side of the pan and place chicken, seasoned side down, on the other side of the pan. Season top side of chicken with another tbsp. of Ga Ga Garlic.
4. Use a wooden spoon to chop up chicken and fold in Ga Ga Garlic, keeping chicken and bacon separate at this point. Cook for 2-3 minutes.
5. Add onions, poblano peppers and sundried tomatoes and fold all ingredients together.
6. Continue cooking while you line the bottom of a 9-by-13-in. pan with the yam disks.
7. Stir chicken/bacon/veggie mixture, then crack and beat the eggs.
8. Pour chicken/bacon/veggie mixture over yam disks, spread evenly and top with eggs.
9. Bake in the oven for 30 minutes or until eggs are set throughout.
10. Cut into 8 3-block portions, top each portion with 2 oz. of salsa chipotle and refrigerate for up to 5 days or freeze for up to 6 months.

Salsa Chipotle Cooking Instructions:

1. In a saucepan, combine tomatoes, serrano pepper, garlic cloves and a pinch of kosher salt.
2. Cover tomatoes with water and bring to a simmer.
3. Cook until tomatoes are soft.
4. Transfer tomatoes, serrano pepper and garlic to the pitcher of your blender and blitz at high speed until smooth and saucy.
5. Add chipotle in adobo and lime juice and blitz once more.
6. Season with kosher salt to your liking, and—boom!—you are a culinary ninja with a fresh batch of salsa chipotle.