
THE
CrossFit*kitchen*



BAKED BENEDICT

overview

This is a simple way to enjoy eggs benedict without the bread. In lieu of English muffins, portabella mushrooms are filled with cage-free eggs and homemade Canadian bacon sprinkled with Bayou Cajun seasoning.

blocks per benny

1 ½ protein blocks

½ carbohydrate block

ingredients

Medium portabella mushroom, gills and stems removed (gently scrape them out with a spoon)

1 egg

1 slice Canadian bacon, diced

Seasoning (BBQ rub, cajun, salt and pepper, paprika, or whatever you like)

notes

Homemade Canadian bacon can be made by seasoning a pork tenderloin with liquid smoke and cooking for 20-30 minutes at 400F.

directions

1. Place hollowed-out mushroom bottoms up on a baking sheet.
2. Crack egg and place inside mushroom cap. Sprinkle with seasoning. Top with Canadian bacon.
3. Bake at 400 F for 15-30 minutes depending on how well done you like the yolk. The white will be done in about 15 minutes, and the yolk will still be runny. By 30 minutes, the yolk will be cooked all the way through.

