

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



HAPPY BIRTHDAY MOMMA!

I spent from Tuesday to Friday night last week at my Mom's house to celebrate her 80th birthday.

My brother and his family came in from Austin and it was a fun time. Lots of laughs, lots of good food. I didn't eat like an asshole, rode my bike all three days I was there instead of sleeping in, and was so proud of myself!

Somehow I was up two pounds on the scale this week, even with drinking a gallon of water most days. It is what it is. It's just data and not a reason to give up. I am still 40 pounds from goal, so it's a marathon, not a sprint.

I know the house is going to be quiet without us there Mom, but I am happy you had a great birthday, even if it wasn't as grand as we wanted to do given the current situation in the world. Love you! I also found this photo at my Mom's - 12 year old Biz!



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DELICATA SQUASH SOUP

My love affair with soup and delicata squash continues. I made my [delicata rings](#) for my Mom because she has never had delicata squash. She took one bite, and I think her exact words were "if I never had that again I wouldn't be upset about it." Ha!

This delicata squash soup is rich, creamy with light coconut milk and spicy to offset the sweetness of the squash and coconut milk.

- 2 large delicata squash, sliced in half, then quartered
- 1 teaspoon avocado oil
- 1 tablespoon minced garlic
- 4 cups chicken broth (use veggie broth to make vegan)
- 2/3 cup light coconut milk
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon garlic and herb seasoning

Cook delicata squash in air fryer for 25 minutes. Let cool and scrape out seeds.

Put all ingredients except coconut milk in a stock pot and simmer for 10 minutes. Remove from heat and using a stick blender, puree.

Stir in coconut milk. Garnish with toasted delicata squash seeds. (I air fried the seeds for 7 minutes at 360 and seasoned with salt).



Each two cup serving is only 1 point on all plans.

128 calories, 3.5 fat, 21 carbs, 2 fat and 7.5 protein.

if you love delicata squash, check out my recipe for [delicata wontons!](#)



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Life

It was so nice to take Thursday and Friday off. I've been working so much and working from home is busier than being at my desk at work.

Monday and Tuesday's are such busy days and I find myself on Sunday night dreading logging in the next day.

Such is life. Still trying to get this food blogging gig to become my full time job. I am 52 years old and can't see myself doing my day job another 13 years.

My cookbook is coming along. I hope to have the final to the publisher by October 19 to see how it looks in print. So exciting!

I went to the farmers market by my Mom's house and bought a giant bag of tomatoes for \$8 to make a base sauce to use for soups, pasta and pizza sauce. I love fall season!

Until next time friends, Be Kind, Be Fearless, Have Hope - Love, Biz



My Mom has amazing trails by her house and I am so happy I took advantage of that.

I normally have expectations of working out while at my Mom's but it usually doesn't happen. I took a different route the third day out and got lost.

I got out of the trail near some houses and pulled out my GPS to find that I was 2.9 miles away from her house!

So I accidentally biked 14 miles that day - a happy accident!