

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



CONSISTENCY

I had my second complete week on the green plan and had another loss.

I am back down over 10 pounds since I hit the reset button in late June.

But guess what? I also hit 11 pounds down September 19 - over a month ago.

So my mantra for the next few weeks is consistency. That photo to the left was Biz 2013 - I worked out consistently for six months and it paid off.

If I can be like Biz 2013, I could be that same weight by my birthday 2021.

I really just want to make time for working time - I have the time for goodness sakes! This week it is in my planner and I am a cross something off a list person, so we shall see how it goes!



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MARSALA DAL

My friend Justin has been making a lot of Indian dishes lately and I felt inspired to get out of my rut of tacos and pizza and make something different.

That started with me going to an Indian grocery store and buying tandoori, tumeric, cumin seeds to name a few things, to widen my culinary wheelhouse.

Dal are split peas, lentils, chickpeas, etc. I used masoor dal (or red lentils) for this dish. Dal is both high in fiber and protein!

This made 8 cups, or 8 servings.

Ingredients:

- 2 cups masoor dal, soaked for one hour
- 6 cloves garlic
- 2 teaspoons cumin seeds
- 1 tablespoon chopped fresh ginger
- 1 teaspoon salt
- 1 teaspoon corinander powder
- 1 teaspoon paprika
- 1 teaspoon tumeric
- 1 teaspoon tandoori
- 1 teaspoon cayenne pepper
- 2 cans diced tomatoes (15 ounce each)
- 2 cups water

In an instant pot, turn to saute. Add the garlic, cumin seeds, and ginger and saute in avocado oil spray. Add salt through water and using a stick blender, blend together. Add in drained dal, turn instapot to high pressure for 7 minutes, then let slow release for 20 minutes.

It's rich, thick, hearty and delicious with saffron rice.



On #teamgreen one cup is 6 points. On #teambblue and #teampurple, it is 1 point per cup.

To make the saffron rice:

1 cup jasmine rice, 1.5 cups water - add to rice maker. Add about 10 strands of saffron. Stir well after it's cooked.



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Life

My life lately has been in this order:

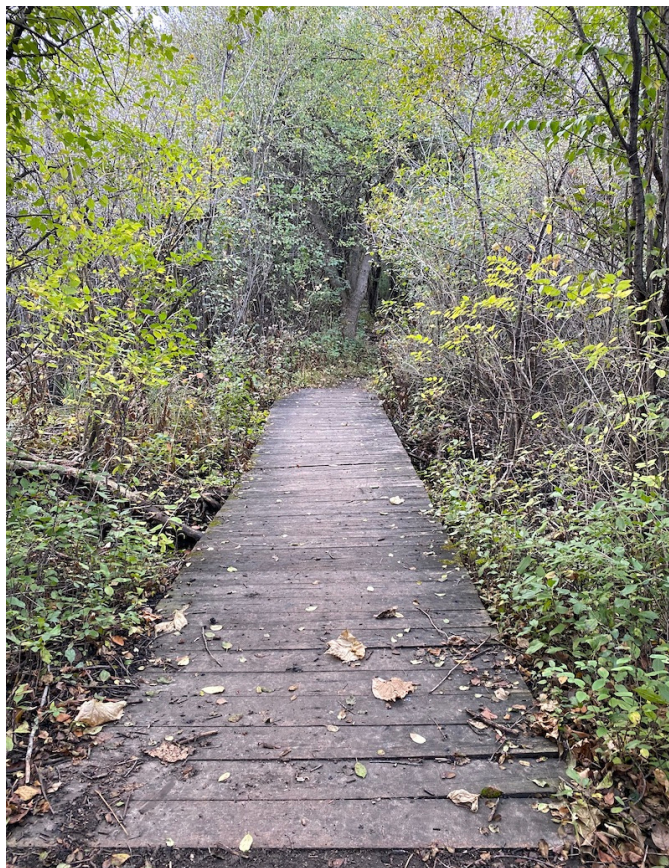
Work/fix blog/work on cookbook/get bizzy in my kitchen/repeat!

Hannah has been working so hard on the cookbook to get it looking the way she wants. I've said it before and I will say it again, but she has such a great artistic eye and I know I will be proud of the finished product with her amazing help.

I hope to get it to the proofreader early this week (thanks Amie!) and then to the printer to get just one copy sent to me for final review.

Fingers crossed we will meet our December 1 deadline. We will be having giveaways throughout the month of November for signed copies - stay tuned for that!

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



Because it's the last week of October our temps have been dropping. I think I even saw a snowflake on our weather for this week.

So this past week I've taken advantage of the trails near my house. Just something about fresh air just soothes my soul.

In case you missed it, I posted Justin's recipe on my blog for vegan pakora, or what I am calling an Indian hush puppies.

So full of veggies and packed with amazing flavors. [You can check that recipe out here.](#)