

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



COOKBOOK UPDATE!

Did I tell you that a follower of mine offered to proofread my cookbook for free?! Aime is sending me the markups this week and it will be that much closer to being finished.

I had one copy printed out and it looks amazing if I do say so myself. Hannah did a great job organizing the cookbook to make it look so professional.

Hard copies are definitely off the table. As a self-publisher it was hard to find someone who would print on demand AND handle the eCommerce without taking nearly all of the profit margin.

The cookbook will be available to download on December 1. I plan on having 50 copies of spiral bound copies for sale on the 1st of each month on a first come - first served basis. I plan to let you guys know on my IG page on how to snag one. It will be \$30, the download version is \$20. For the spiral bound copy I will be happy to inscribe it to you or a friend or family member if you are giving it as a gift.

I love that every time I mention the cookbook the response has generally been "I can't wait!" I know - us either!

I have four more cookbooks planned for 2021 so lots to look forward to. I so appreciate your support.



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BUTTERNUT SQUASH TWICE BAKED POTATOES

My next column for the Daily Herald is going to be "Dinner for Four" for Thanksgiving. I realize that most people won't be having giant family gatherings, so I made a roasted turkey breast, scalloped zucchini and these butternut squash twice baked potatoes.

OMG, these are so good! I bit sweet, but I added some crushed red pepper to balance it out. This, my friends, is no time to use fat free cheese! I used an extra sharp cheddar.

- 2 large potatoes
- 1 medium butternut squash
- 1/4 cup unsweetened almond milk
- 1 tablespoon butter
- 1 tsp crushed red pepper
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 ounces shredded cheddar cheese
- 1 teaspoon paprika
- 2 tablespoons cilantro

Wash the potatoes, dry and then spray with olive oil spray. Rub the oil into the potato skin. Place the potatoes and butternut squash into the air fryer, and bake for 45 minutes, or until fork tender.

Let the potatoes and squash cool for about 20 minutes. Slice the potatoes in half. Cut the butternut squash in half. Scoop the seeds out of the squash. Reserve half of the squash for another use.

In a large bowl, add the softened butter. Add the pulp from the half butternut squash to the bowl. Scoop out the potato, leaving about a half inch border in the skin. Add in the milk, crushed red pepper, salt and pepper and using a potato masher, mash the potatoes.

Divide that filling into the potato shells. Top with 1/2 ounce shredded cheese, sprinkle with paprika and broil for 3-4 minutes, or until the cheese is melty and browned. Garnish with chopped cilantro.



On #teamgreen and #teambblue these are 5 points each, on #teampurple they are 2 points each.

I've been using my air fryer to roast vegetables and it's a game changer - just throw in whole! So much easier to cut and get the seeds out after it's roasted.



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Life

The floors in the second bedroom have been completed. Ryno Flooring did the work and if you are in the NW suburbs of Chicago, they did a great job.

The only thing I wasn't expecting was to have to wait THREE weeks before I can put an area rug and furniture in there. Hopefully the room will be ready by Thanksgiving. It will be nice for my Mom (and other guests!) to have the privacy of a bedroom when they sleep over.

The painters had to bump me to hopefully this week to finish the painting in the back room. I already have the desk and accessories for that room, so I will be sure to do before and afters when it's all put together.

My day job has been so busy lately, but I am still blessed about not having the long commute, so I shouldn't complain too much - great things are coming with my life which I'll announce soon. 😊

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



We have had the most amazing weather these last few weeks. Seems just when I got a lot of firewood for my stove, the temps have been in the 70's! We have a couple more great days before the weather get back in the 40's and 50's. I've been enjoying my walks without a coat and hanging outside as much as possible. Before I know it there will be snow!