

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## SO MUCH SNOW!

If you are new here - welcome! I have a cookbook that recently came out. You can download a copy, you can enter this into your browser:

<https://gumroad.com/mybizzykitchen>

We thank you for your support!

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I really shouldn't complain because we've had some mild winters the last few years. We had a snow storm over the weekend where we got about 8 inches of snow. The only downside to that is that the previous snows we've gotten haven't melted in between so it's a winter wonderland out there.

I gave away my snowblower to Jacob's Dad, so I am shoveling my driveway which is good exercise for me anyway.

Now that it's February, I am already dreaming about sitting out on my front porch again. I am kicking myself that I've had that deck for nearly 20 years and just started using it a couple years ago.



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## QUINOA SALAD

Hannah and I are meeting tomorrow night for our first official meeting for Cookbook #2 - My Bizzy Kitchen - Cooking for One Edition!

I have so many ideas but I need Hannah's attention to details and organization to set up a timeline for me to stay on task. I am sometimes like a squirrel and find myself jumping from one thing to the next.

Block scheduling works best for me because I set a certain time frame and if something pops up, I just add it to the next block.

Aren't you glad to know how I structure my day?!

This Quinoa Salad is going into the book. I plan on having chapters using a bulk ingredient like cooking quinoa for the week, and using it in different ways throughout the week.

This is a cold salad, and I loved having the hot steak on top. I would pay \$25 for this meal in a restaurant!

For the salad for one:

- 1 cup cooked quinoa
- 1/4 cup chopped cucumber
- 1/4 cup chopped tomato (seeded)
- 1/4 cup chopped red cabbage
- 2 tablespoons chopped cilantro (use parsley if you don't like cilantro) 🍃
- zest from one lemon
- 1 teaspoon lemon juice from fresh
- 1 teaspoon honey
- 2 cloves garlic, rough chopped
- salt and pepper to taste

Mix everything together except the garlic. Heat a pan with avocado oil spray and cook the garlic until it's browned and crisp. Let cool. Garnish on salad.



On #teampurple this quinoa salad is only 1 point. On #teambblue and #teamgreen it is 7 points.

If you count calories or macros, it is 257 calories, 3.7 fat, 48 carbs, 5.3 fiber and 9.3 protein.

The steak I made was called chuck eye steak and it's super affordable. I cooked for 3 minutes per side and seasoned with salt and pepper for rare.



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## LIFE

It's hard to believe that I've had my first full month of working for myself! Since I quit my job on December 22 - it didn't feel like I was done with my day job until after the new year.

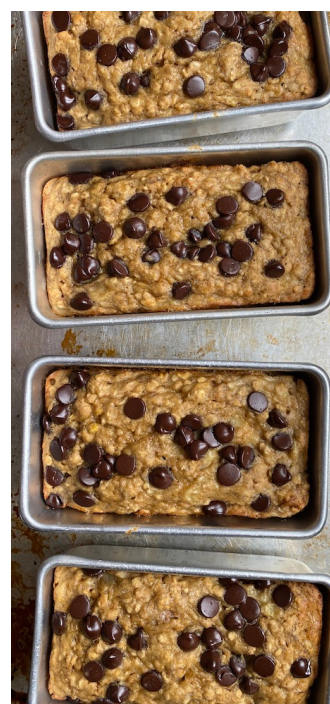
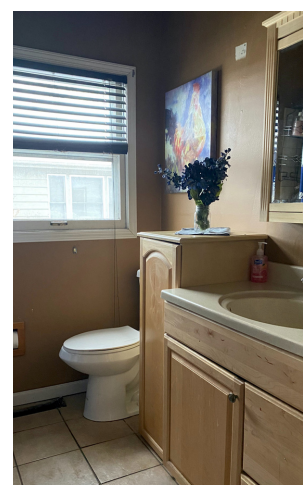
Good news - I made money - ha! I issued my first 1099 to my daughter. She is creative director of the My Bizzy Cookbook portion of MBK, so she gets some of the profit from sales. So basically you are supporting Hannah too every time you buy a cookbook or refer my cookbook to your friends and family. We appreciate it!

I've been trying unsuccessfully to adopt a Boston Terrier named Star. My adoption application was approved and I sent several emails requesting a meet and greet. I was told she was on medication for seizures that cost around \$50 a month, and I said that wouldn't be a problem. Then no response after that.

I looked today and Star is no longer on the adoption page, so I guess someone else got to adopt her. Maybe it's a sign that now is not the right time. So I will think about it again this spring.

You guys know how much I love baking steel for pizza, and now they have a new carbon steel nonstick frying pan. I will use it for a few weeks and let you know what I think - it's got a hefty price tag of \$79 but I'll let you know. Still trying to get a discount code from Andris the owner of Baking Steel!

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



### PHOTOS ON THIS PAGE:

**CARBON STEEL PAN**

**BATHROOM REDO - REMOVED ONE CABINET AND IT IS SO BIG!**

**MINI BANANA LOAVES- RECIPE IS HERE IN CASE YOU MISSED IT ON IG**

