

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



SNOW AND BITTER COLD

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!

My late husband basically took care of household stuff, while I handled all the mail and bills. In fact, I still have a word document on my computer entitled "In case I die before you" which had all of our login information, passwords, name of our mortgage company, etc. He never opened a piece of mail the 14 years we were together.

He put a sticker on our furnace and told me if there was ever a problem to call that company. So sweet. My Mom mentioned that my furnace was a bit loud when she visited last time. Huh. I guess I was just used to it! So I called before our temps got in the single digits, and turns out my furnace needed service and what a difference! My house is so quiet! I guess I just got used to the noise. But here is a tip from me to you - if your spouse tells you stuff about your house, like the water softener, hot water heater, etc. and you don't pay attention, pay attention. I never cared because I thought I'd never need to know.



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THAI LETTUCE CUPS

Hannah and I met for our first meeting for the next cookbook and we are loving the direction this cookbook is going.

This recipe will be in the cookbook, not only to make these thai lettuce cups but this amazing sauce will be used to make a thai chicken pizza - still working on perfecting that pizza but this sauce is amazeballs.

My sister bought me Melinda's thai sweet chili sauce, but any sweet chili sauce will work. If you are a condiment whore like me, you probably have all of the ingredients already.

This sauce makes two servings - I used half for the lettuce cups.

- 2 tablespoons Thai sweet chili
- 1 tablespoon lemon juice (lime would work too!)
- 1 tablespoon soy sauce
- 3 tablespoons powdered peanut butter (I used PBFit)
- 2 tablespoons water
- 2 tablespoons chopped cilantro
- 1 teaspoon sriracha
- 1 teaspoon rice wine vinegar
- 1 teaspoon sesame oil
- 1/2 teaspoon garlic powder

Mix everything together. To make the lettuce wraps:

Cook 4 ounces of chicken breast in a skillet and cook for 2 minutes. Add mushrooms and cook five minutes. Add 1/3 cup broccoli slaw and if you have it, 1/2 cup Natural Heaven hearts of palm pasta. Stir in 1/2 of the sauce above and divide the mixture into four lettuce cups. Garnish with chopped cilantro.

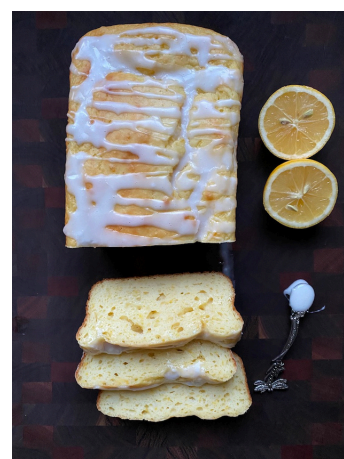
The stats on the side are for the sauce. But the lettuce cups are 3 points on #teambblue and #teampurple - on #teamgreen they are 6 points.



On all WW plans, this sauce recipe is 3 points per serving.

If you count calories or macros, it is 141 calories, 4.6 fat, 13.3 carbs, 3.1 fiber and 8.1 protein.

In case you missed it - my copycat lemon loaf was a hit! It's a custardy lemon loaf that I actually love more than Starbucks. [You can find the recipe here](#) - each slice is 3 points on blue and purple, and 4 on green. Each slice is 102 calories, 2.9 fat, 20/6 carbs, 0 fiber and 4.7 protein.



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LIFE

My Mom spent the weekend with me and it was so fun. She was only going to stay over on Saturday night, but I convinced her to spend Sunday night too.

Hannah and Jacob came over Saturday night and we ordered in - it was delicious.

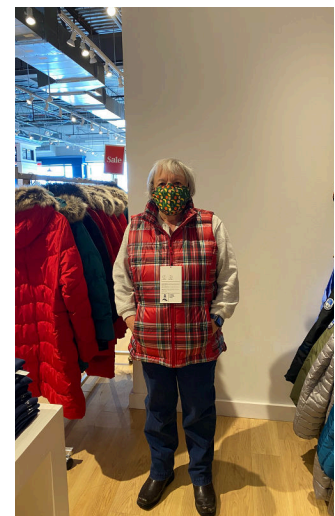
Word on the street was that Whole Foods had delicata squash so my Mom and I headed out Sunday morning. She could care less about the squash (she's really not a fan of any squash!) and we picked up rainbow swiss chard. I've seen it for years but never bought it because I thought I would hate it. We loved it! You need to cut out the middle stem, but the actual stems can be chopped like celery. We added garlic to a pan, added the chopped stems, cooked for 3 minutes, then added the chopped leaves, added salt, pepper and a splash of vinegar. Delish!

We did a little shopping too. Love this vest and thanks to you if you responded to my poll on IG if you liked it - Mom, as of this morning 92% of those who responded love it!

I got my cleaning pants on before my Mom came over. It had been several weeks since I mopped my living room. I even decluttered my cabinets and that made my daughter happy when she saw that. I left cleaning my refrigerator until today.

Such a great feeling working for myself that I don't feel like I have to do ALL THE THINGS on the weekend. Turns out I don't miss clocking into my day job. 😊

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



PHOTOS ON THIS PAGE:

RAINBOW SWISS CHARD

FASHION SHOW MOMMA!

ORGANIZED CABINETS - LETS
SEE HOW LONG THAT LASTS!



MOM'S SCALLOPED POTATOES

My Mom has been making these potatoes for as long as I can remember. When I asked her if these were scalloped potatoes or gratin potatoes, she said she didn't know. It was from Fannie Farmer's cookbook, and there are no measurements when my Mom cooks, so I wrote down what she was making as she did it.

The response from my IG stories of my Mom making these potatoes was overwhelming. Many of you have lost your Mom's and remember cooking with her, or you don't have a great relationship with your Momma and wished that you could have these kind of memories.

Food memories are very strong for me, and this recipe always reminds me of home. ♥

Makes 4 servings.

- 1 1/2 pounds potatoes (4 potatoes, peeled and thinly sliced, about 1/4 inch thick)
- salt
- pepper
- 3 tablespoons flour
- 3 tablespoons butter, cut into small cubes
- 1.5 cups milk of choice
- 1 cup cheddar cheese, shredded

Preheat oven to 350 degrees. Spray a casserole dish with avocado oil spray. My dish was 1 1/2 quart size.

Cover the bottom of the dish with the sliced potatoes. Sprinkle with salt, pepper, flour and a few dots of butter.

Keep repeating that process until all the potato slices are used up.

Pour milk over the potato slices, until the top is almost covered. Top with cheese and bake for 45 minutes, or until the potatoes are fork tender.

The original Fannie Farmer recipe was published in 1946. The original recipe does not call for cheese, but let's face it, everything's better with cheese!

