

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



DINNER WITH A FRIEND!

Almost 18 months ago I got a DM from an IG foodie by the name of Morgan and she said "I live in the city and you work in the city, we should get together sometime!"

March 5, 2019 we met at Fisk & Co. with her friend and co-worker Kyle (I miss Chicago restaurants!) and we hit it off and got along like peas and carrots. Since then we have gone to lots of restaurants, and Chef book signings. I've slept over at her house, she's been to my house.

She's become an important person in my life and if a couple days go by and we haven't spoken to each other, its weird!

Yesterday afternoon we planned to meet up at her house and grill out, talk blogging and Instagram and all things social media, and it was so good for my soul to be face to face with someone and actually having a conversation.

While I of course have missed going out to restaurants, what I miss most is the social interaction. Last summer I think I went out at least two times a week!



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STICKY CHICKEN

We both love Asian food so we decided to try [Marion's Kitchen Sticky Chicken](#). So good!

We followed her recipe exactly, but Morgan, being the trained culinary chef that she is, makes her own five spice powder and holy balls was it so much better than store bought.

Morgan's Five Spice Powder

- 1 tablespoon szechuan peppercorns
- 5 whole star anise
- 1 teaspoon cloves
- 1 tablespoon ground cinnamon
- 2 teaspoons fennel seeds

Grind in a spice grinder or high speed blender. Store in an airtight container.

[You can find Morgan's creations on her Instagram](#) - be sure to watch her stories, she describes her food and recipes as she goes - you'll love her!



Have leftover skinny pizza dough? Make naan bread - click the title to get the recipe and directions.

[Skinny Pizza Dough](#) [Naan](#)



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CHERRY TOMATO SOUP

I told Morgan that one of the things I missed most about working farmers markets (in the summer of 2016 I quit my legal secretary job to work selling frozen veggie burgers at farmers markets around the suburbs!) was that vendors would walk at the end of the market and hand you cherry tomatoes, peppers, herbs - you name it! I came home with bags full of produce.

Thanks to Morgan being an avid gardener, I'll be making this cherry tomato soup with her bounty.

Since the soup is only 2 WW points per serving, feel free to add cheese ravioli and fresh basil to kick it up a notch.



Ingredients:

- 3 cups cherry tomatoes, stems removed
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 cup pasta sauce
- 1 tablespoon chopped basil
- 2 teaspoons crushed red pepper
- pinch of salt
- pinch of cracked pepper

Instructions:

In a stock pot, add the olive oil and garlic and cook just until the garlic starts to turn brown.

Add remaining ingredients and simmer on low for about 15-20 minutes. Using a stick blender, puree the soup. Since this ended up being only 2 smart points per serving (makes 4 servings) I added spinach and cheese ravioli to my dish.

Cherry tomato soup is not only delicious, but healthy! While I don't like eating cherry tomatoes by themselves, they are perfect for this soup. I am kicking myself for not trying this method sooner. You could also use roma tomatoes if cherry tomatoes are no longer in season.

This made 4 servings of about 1.5 cups each. 2 WW points on all plans. 109 calories, 5.5 fat, 14 carbs, 3.3 fiber and 2.3 protein per serving.

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What's On My Menu This Week

I finally am taking time off of work. Today is the first day off I've had from my day job since Thanksgiving break of last year - I know! I did a double take when I posted my out of office reply.

So I didn't really meal plan since I'll have time to make some fun recipes in my kitchen. My daughter and her husband LOVE my copy cat vanilla bean scones - [you can find the recipe here](#). I plan on making them a batch this week.



Life

Nothing really earth shattering going on in my life right now. My groundhog day life continues, although these few days taken off will not be wasted. Still working on redesigning my site to make it user friendly for you guys. It's A LOT of work considering how old my blog is (It will be 12 years old in September!

My posts going forward will be mainly recipe driven. I had many people comment "too much personal info . . . just get to the recipe!" Ha!

So I figure this newsletter will update you on personal things once a week. You of course can follow my day by day on Instagram.

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

Thanks again for having me over
Morgan!

