

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



HELLO SUMMER!

Welcome to My First Newsletter!

If you are getting this newsletter in your inbox, it means within the last 12 years you have left a comment on my blog My Bizzy Kitchen. If you even stopped to say hello or comment on a recipe just once, or over 2000 times like a few of you (wow!) I just want to thank you!

I've been wanted to start a weekly "hello" newsletter for a long time, and well, I just didn't know where to start, so here goes nothing!

I hope to share a weekly recipe - whether it's an oldie or new. Link to a couple recipes that are my weekly meal prep and hopefully get you inspired to get you Bizzy in your Kitchen!



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BAJA FRESH SALSA

Recipe Courtesy of my late husband Tony aka Jeff

There used to be a Mexican restaurant not too far from our house called Baja Fresh. It had a salsa bar and they had one salsa that I went to over and over again. It was spicy, had flecks of something in it (black beans?) and I used to buy it by the quart for \$4.

Then it went out of business. Wah! But my late husband googled copycat recipes and paid the whopping sum of .79 cents to get this recipe. Guess what the black flecks were?? Charred tomatoes!

- 7 firm tomatoes
- 1 jalapeno pepper (I keep the seeds in)
- 3 cloves garlic
- 1 teaspoon salt
- 1/2 cup cilantro
- juice of 1 lime

Heat grill over medium high heat. Char the tomatoes and jalapeno until blackened. Let cool slightly and puree in blender. Adjust with additional salt if needed. Serve with tortilla chips.



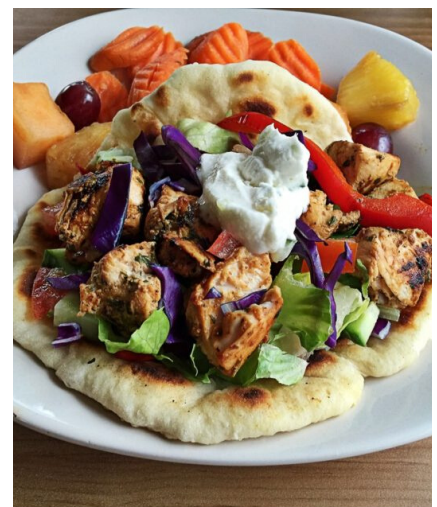
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You are what you eat, so don't be fast, cheap, easy or fake."

- Unknown

What's On My Menu This Week?

One of my go to summer meals is my chicken souvlaki - super flavorful and the filling is zero points on #teampurple on WW. [You can find the recipe here.](#)



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What's On My Menu This Week?

A woman I used to work with made THE BEST macaroni and cheese I ever had. She brought it to a potluck and I quickly ate two servings and yelled "who made this?!"

I asked for the recipe - well no wonder, she used two pounds of cheese, a dozen eggs and heavy cream!

My version is still creamy, okay - not as decadent as hers but this will cure any mac n cheese jones that you have.

[You can find the recipe here.](#)



Life

Life Update! If you are not aware, my roommates, aka Hannah and Jacob (and my grandpups too!) moved out a few weeks ago. I think it took a pandemic and all of us working together at home these last few months for them to tap out and find their own space.

It's an amazing townhouse, as soon as we walked in before they even put an offer on it, I could picture them there. They were home. It makes my heart happy!

Working from home, even with more time, I realized that time wasn't the issue on moving. I routinely got 12k steps or more just walking to my office from the train, walking with my sister at lunch. And clocking out at 5 p.m. and having my kitchen steps away proved to add several pounds over these months.

But I hit the reset button. It would be really easy for me to just eat whatever I want because no one is here to know. But guess what? I would know. The scale would know.

WW is always asking what your why is and to come back to that to get inspired again. I never really figured out what my WHY was other than to be healthy.

I make so many delicious WW recipes but I have to be the whole package. Closer to goal weight and still putting together great recipes. YOU, reading this right now, are my WHY - and I thank you for inspiring me to do better. Until next time - be well!