

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



OUT OF SORTS

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!

I really shouldn't complain because I am living the life I've always wanted. But this never ending winter is really getting to me. The cold, the snow, the days of cloudy weather. I love snow but by February I am pretty much over it.

I also was looking in my basement for something yesterday and saw a notebook on a bookshelf down there. I had no idea what it was, and when I opened it up, it was a folder that had notes from Mayo Clinic from 2014 when my husband went on a follow up visit by himself. It had notes he had written. It was the only trip that I didn't go with him because I was running out of vacation days. He drove five hours one way in late September 2014, and he died in December that same year.

Grief strikes you at odd times, and while I didn't realize that he wouldn't be with me much longer back then, I still can't believe I let him drive there by himself. 🙄



WHAT'S INSIDE THIS ISSUE:

Delicata Squash Wontons

- 2

Life - 3

DELICATA SQUASH WONTONS

If you've never tried using wonton skins, you should give them a try. They are located in the refrigerator section of most grocery stores, and a package at my local store, Mariano's, is only \$1.99 a package.

I've found that I have to pan fry first, steam with water, then fry again to get them not to stick to my pans. I am sure there is a more efficient way, but that works for me - fry once so they won't stick after steaming them, then fry again to crisp up. I use avocado oil spray too.

I realize that delicata squash may not be available where you live, but butternut or acorn squash would be a great substitute. I find that I need the crushed red pepper to balance the sweetness of the squash, and that hit of vinegar for the acidity is perfect.

Ingredients:

- 2 small delicata squash
- 1 cup baby spinach
- 1/4 cup part skim ricotta cheese
- 1 teaspoon crushed red pepper
- 1 teaspoon rice wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon soy sauce
- wonton skins
- optional black sesame seeds

Microwave the delicata squash until fork tender. Cool, cut and scoop out the seeds, and throw everything (except the wonton skins!) in the food processor.

Lay six wontons out on your board. Heat a skillet with avocado oil spray. Place 1 teaspoon filling into each wonton skin, wet the edges with water, and seal. Cook for 1-2 minutes, or until they bottom is browned. Add two tablespoons water, cover and cook 3 minutes. Drain any residual water, spray the pan with avocado oil spray, sprinkle with sesame seeds and cook the wontons to get crispy again. Optional: drizzle with chili oil and chopped cilantro for garnish.



Truth be told, I don't know how many wontons this made because I have so much filling leftover. But the filling is barely one point, so just count however many wontons you have - most brands are 3 points for 6 wonton skins.

I've also used these wontons to make a delicata wonton soup - [you can check out that recipe here.](#)



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

This morning I woke up and felt so much better. I have so much to be thankful for. I realize the old dream of my husband and I retiring to a warmer state on a lake isn't going to happen, that doesn't mean new dreams won't be just as wonderful. Just different. Life is for the living!

I am thankful for my friendship with my friend Jeffrey. If you haven't checked out his movie on Amazon Prime ([Once is Enough](#)) please watch it. I watched it three times in one weekend last July.

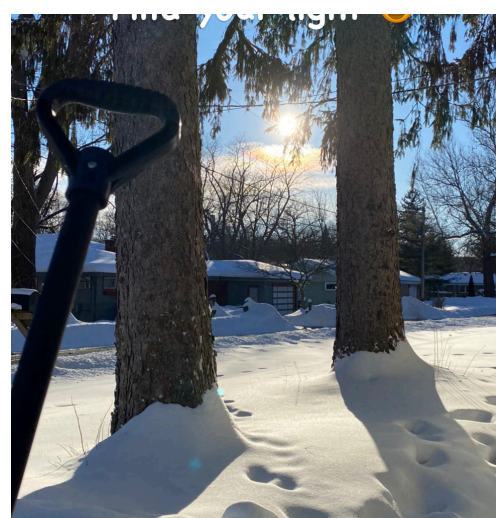
I messaged him because after watching the movie I thought "we could be great friends!" Fast forward, we now talk several times a week, and he always makes me laugh. Laughter is so good for the soul.

I talk about a lot of products because that's part of my job now. I love everything I talk about, but I really love this [Super-Fuzed oil](#). I've used it to roast vegetables, I've drizzled it in butternut squash soup and used it as a finishing oil too. One teaspoon is only 1 WW point and it's so flavorful that's plenty.

Mom, I have some for you so don't buy one - love you! This discount code is: 12MYBIZZYKIT - the Amazon link must be used, not their website to get that discount.

Find Your Light. I post pictures on my IG story of the sun with the saying Find Your Light. A few people asked me what that means, and to me, it means finding what brings you joy and going after it. I started blogging and taking food photography in 2008. I am pretty sure I wouldn't have believed you back then if you said it would become my full time job, but I never gave up. So find your light ♥ and don't stop until you find it.

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



PHOTOS ON THIS PAGE:

SUPER-FUZED OIL - SO GOOD!

FIND YOUR LIGHT

JEFFREY AND I SEEING WHO CAN HAVE MORE CHINS 🍷

