

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## 30 MEDIUM

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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If you are on social media I am sure you've heard of the 75 hard challenge. For 75 days you have to every day: read 10 pages in a book, do two workouts of 45 minutes each, track all food, no cheat meals, take a progress picture every day, drink a gallon of water, no alcohol. Whew - that sounds like a prison sentence to me!

However, I did like the idea of doing a 30 medium - which means for 30 days, I will do the following:

- 15 minutes of chores
- no eating after dinner
- 45-60 minutes of movement (so if I need a rest day, doing stretches will count!)
- track food in WW app and Loselt App
- 64-128 ounces of water
- wine only 2 times a week

I've successfully completed day 4 yesterday and see myself completing this challenge - whoop!



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## PORTILLO'S CHOPPED SALAD

if you live in the Chicago area, you know of Portillo's.

Hands down the best fast food, and it doesn't matter if the drive thru has 30 cars in it, it's the most efficient drive thru I've ever been to.

My late husband during lent used to get their pepper and egg sandwich for lunch and I'd ask him to pick me up their chopped salad. That had to be the better choice, no?

Until recently, Portillo's never shared their nutritional information. I would have loved to have gotten the Italian Beef Sandwich (dipped in au jus) but I always got the salad. Guess what? The sandwich is 13 points while the salad is 26 points! It's all because of the salad dressing.

There are a zillion copycat recipes out there, I am not reinventing the wheel, but this is how I make my chopped salad. This serves 10 people.

- 2 cups baby spinach, chopped
- 2 cups romaine lettuce, chopped
- 2 cups iceberg lettuce, chopped
- 2 cup salad mix with red cabbage and carrots
- 4 cups cooked pasta of choice (mine is cavatappi)
- 2 cups cucumber, diced
- 2 tomatoes, seeded and diced
- 8 tablespoons real bacon bits
- 4 tablespoons Marie's white balsamic shallot dressing

Optional garnishes on the side, but are necessary in my opinion!

- chopped giardiniera
- banana peppers
- crumbled blue cheese
- chopped green onions (that's a pass for me)

To bring or make ahead, mix all the greens with the cucumber, tomato and pasta. Right before serving, toss in the dressing, and add toppings of choice. I love adding the giardiniera because I usually get that on my Italian beef.



The points vary so much depending on what you add - reduce the pasta if you want, add less cheese, but it's delicious!

You can check out this summer orzo salad - perfect side dish!



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# LIFE

Our weather has been so weird, as it usually is in Chicago in spring. Last Thursday I had to wear and winter hat and coat on my walk because with the windchill it felt like 27 degrees.

Yesterday was a sunny balmy 70 and these warmer temps are giving me life after what feels like hibernation this winter.

But warmer temps make me miss my husband. I miss just sitting outside, with Frank Sinatra playing on Spotify (maybe Pandora back then!) with cocktails and meat on the grill. Always a cigar.

It will be nice to invite people over again soon once the world gets vaccinated - my second shot is at the end of this month and I cannot wait.

Because I've felt a bit lonely I asked to borrow my grandpups on Saturday night for a sleepover. They are just so cute and I don't realize how much I miss them until I have them over again. Best snuggles!

I still have getting a dog on the back burner. Once I am able to travel again, I don't want to put the burden on someone else to watch my pet while I am gone. I could change my mind again by the end of the summer - who knows!

Still enjoying my walks - it's my favorite form of exercise.

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



## PHOTOS ON THIS PAGE:

**MY LATE HUSBAND**

**RUMMY AND ROMAN**

**FRESH AIR**



**BUTCHERBOX SPECIAL APRIL 4 - APRIL 15!**

## Hot off the press!

I just got an email from ButcherBox letting me know what their next offer is for new customers.

### The Essentials Bundle!

You will get up to 7 pounds of FREE chicken breasts, pork chops and ground beef in your first Butcher Box order.

Also, if you sign up now during this time, you'll also get ground beef for free in your first order.

To check it out, [click this link](#) to get the offer. Love the quality of their proteins!