

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



COOKING CLASSES

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 am so excited to announce that I am doing online cooking classes! Here's how it works: Each month I'll post four recipes - like a recipe and want to cook along with me or watch me cook and ask questions? Buy that class for \$20. My first class is Skinny Pizza Dough 101 on 5/5/21.

If you want access to all my classes, plus have access to all the recordings of classes (ultimately will be On Demand after my first class is recorded) you can subscribe for \$40 a month - or just \$10 a class.

I think it will be a fun way to get you Bizzy in your own kitchens and ask me questions in real time. The first class is Wednesday, May 5 at 5:30 CST and it's Skinny Pizza Dough 101.

[You can check out the classes here and subscribe if you want - can't wait!](#)



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GRILLED CHERRY SALSA

Now that I have a gas grill I want to grill ALL THE THINGS!

This grilled cherry salsa is so complex. Not only is it great for dipping tortilla chips, but it's also great over grilled chicken and pork.

Rainier cherries or bing cherries work great for this recipe, but since Rainier cherries are so much more expensive, save those for eating and use bing cherries.

If you don't have a cherry pitter, just use a reusable straw and punch out the pit that way. It is messy but worth it!

Ingredients

- 2 cups fresh cherries, pitted
- 6 roma tomatoes
- 6 cloves garlic
- 1-2 jalapenos
- 1 teaspoon salt
- juice of 2 limes
- 1 cup fresh cilantro

Instructions

1. Grill the cherries and tomatoes over hot coals - I used a veggie basket - until charred. About 15-20 minutes.
2. Blend in a blender and adjust salt, jalapenos.

All jalapenos are not created equal, so take a tiny bite before adding the whole thing to make sure it's not too spicy.



I make fresh tortillas in my deep fryer - just quarter corn tortillas and fry for 3 minutes at 350. For the lime salt, I use the zest of one lime per tablespoon of salt. The salsa is zero points!

My next [favorite salsa is this ancho chile salsa](#) - perfect for chilaquiles!



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LIFE

A long time follower Erin gifted me with a slate charcuterie board in the shape of the State of Illinois! How gorgeous is that? She gave me a discount code which is on the next page.

Thank you Erin!

Since I am now fully vaccinated, I went to the gym for the first time since March 5, 2020! Um, turns out I am out of shape, but it felt great to get back at it. Even though Planet Fitness is a 24 hour gym, they now have limited hours on the weekends so check it out before you go - instead of driving there like I did on Saturday and it was closed. 😊

We've had some summer like weather lately and it's been a breath of fresh air. I got to grill at Cooking Club, meet up with my friend Morgan at a local bar and ate outside, and have gotten to take long walks on the trails. Just being able to socialize again makes all the difference. I think I've mentioned it before that I don't mind being alone, it's just that I need the socialization to balance with being by myself if that makes sense?

In case you missed it this past week:

My copycat sous vide egg bites - so good!

Delicious black bean burgers - you almost won't miss the beef!

And my quick and delicious pasta with zucchini and corn - perfect weeknight dinner.

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

SLATE CHARCUTERIE BOARD

BACK TO THE GYM!

WALKING SHOES - I HAD SPF 100 ON! 🧴



MY BIZZY KITCHEN DISCOUNT CODES MAY

Butcher Box is a meat subscription company. They offer top quality meat and you can pick and choose what to get in your box and how often you get it. We are back to the Essential promo, which gives you SEVEN pounds of free meat with your first order. To check it out, [click this link](#) to get the offer. Love the quality of their proteins!

GoHydrate Use code Bizzy to save 10% percent. I love this stuff and literally would not drink water without it. I use one packet per 64 ounces of water.

Petal Sparkling Botanical is a super refreshing sparkling water that is my go to when I am not drinking. Although, side note, it is great with vodka - ha! Use code Biz to save 10%. They are now in Mariano's too!

Thrive Market is a new one! It is an online shop that has 1000's of products from organic produce, beauty products, supplements. [Use this link](#) to get a free gift with membership - it's \$59.95 per year (average \$5 a month) but most people save \$32 on average per box.

ZeroCarbLyfe - chicken crusted pizza! I know it sounds weird but this is delicious. A pizza crust made from chicken, oil and spices that is 2-3 points for the whole thing on WW. [Use code Biz to save 15%](#). My discount code brings it down to about \$8 a crust and comes frozen. I have a ZeroCarb highlight on my IG to show you how I get a crisp crust.

Zen of Slow Cooking Spices - these are amazing seasoning packets that are around \$3 dollars each with my discount code Biz2 - these seasonings are on the WW website on the "WW loves" product section, but [my link is cheaper](#).