

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## MARIANO'S!

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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You guys know how much I not only love grocery stores, but Mariano's in particular. Regular followers will ask "Mariano's should hire you because you love them so much!" Well, I do work for Mariano's and have for the last one and a half years. I started talking about Mariano's YEARS ago when I had like 2000 followers, so to be able to fast forward and work with them is a dream come true.

I was able to meet the President of the company! Mariano's was bought out by Kroger in 2015. The true Mr. Mariano (Bob Mariano) retired after the buy-out, but recently opened a 17,000 square foot kitchen/grocery store in Chicago - you can check it out here. I definitely think it's worth the hour drive to check it out.

My friend Amanda Puck was also at the event - she is VP of marketing and former host of Check Please! on our local PBS station (and she's won two daytime Emmy's!) I was also able to meet my friend Maciek from Grillin with Dad - [you can check out his blog here.](#) You can [check out his Instagram page here](#) - he makes amazing BBQ food!



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## PARMESAN RANCH RADISHES

At our cooking class yesterday, Hannah cooked one of her favorite recipes while she and Jacob were doing Keto a while back. Have you ever cooked radishes before? Game changer!

They lose a bit of the peppery bite, but are crunchy and creamy at the same time. These would make a great low carb side dish or snack for that matter!

Makes 4 servings.

16 ounces radishes, cut and quartered  
1 teaspoon grapeseed oil (or oil of choice)  
avocado oil spray  
1 tablespoon ranch dressing powder (like Hidden Valley Ranch)  
1 teaspoon garlic powder  
2 tablespoons Parmesan cheese (shredded)  
1 tablespoon dried parsley  
salt and pepper

Heat air fryer to 400 degrees. Toss the radishes in the grapeseed oil and a bit of avocado oil spray. Add ranch powder, garlic powder, salt and pepper. Cook for 8 minutes.

Add the radishes back to the bowl and add the Parmesan cheese and parsley. Toss to coat. Cook for an additional 6-8 minutes or until golden crisp.

These were so good! I could literally see myself making these at least once a week. Thanks Hannah!



On all WW plans, each serving is 1 point.

If you count calories or macros, each serving is 58 calories, 2.7 fat, 5.6 carbs, 1.8 fiber and 3 protein.

If you love radishes, [check out my pickled radish recipe](#) from 2014!



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Follow my [YouTube Channel](#)

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## LIFE

My friend Justin from [Crow Moon Kitchen](#) came by my house last Friday to cook! We actually met through a mutual IG friend in July of 2019. We even did several [youtube video](#) segments and planned on doing more in the spring of 2020. Well, you know that didn't happen. So it's the first time I've seen him in person in nearly two years.

I took him grocery shopping at Mariano's (duh!) and he brought soy curls to cook with. Soy curls are exactly what they sound like - curls of dried soy beans that you reconstitute with liquid - we used 1/2 cup of vegan based beef broth and spices. The texture is almost mushroom like after reconstituted, but when cooked in the pan, it really did look like shredded beef!

While Justin wishes I would be vegan (not going to happen) I do enjoy all his dishes and these fajitas were amazingly delicious. I even let him put chopped shallots in the mango salsa (but literally picked around them - ha!)

It was so good for my soul to see him again - he is just as passionate about food as I am. And maybe, just maybe, you'll see more vegetarian/vegan dishes coming in the near future.

I have plans to meet up with a couple friends this week too and that makes me very happy. While I don't mind being alone, I do need to balance my alone time with socializing.

I literally can't believe it's the last week of July already. Enjoy the rest of the month!

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

***JUSTIN ENJOYING MY AMAZING NATURAL LIGHT SOY CURL FAJITAS WITH MANGO SALSA***  
***BLUEBERRY RHUBARB GALETTE - THE RECIPE LINKED HERE USES PIE DOUGH, BUT IN COOKING CLASS WE USED SKINNY PIZZA DOUGH - [YOU CAN FIND THAT RECIPE HERE.](#)***



**Branch Basics** is my new obsession! If you've followed me for a while, you'll know that Hannah is the clean freak of the family. Well, not that she's been gone I am left to my own devices. I recently got their premium starter kit and I think I am set on cleaning products for a full year! Best part is that the smell is super clean. Check out the video above on a stained shirt that had been dried dozens of times and it still came out! [Use this link](#) to save 15% off any starter kit (other than the travel size).

**GoHydrate** - IS BACK IN STOCK! Bizzy is the code to save you 10% - it's the only way I drink water. It has electrolytes AND Vitamin D! [Click here to order.](#)

**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 20%.](#) They are now in Mariano's too!

**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.

**Super-Fuzed** oil is back! Use my discount code 12BIZZYOIL to get 12% off. This is the most flavorful seasoned oil and I literally use a teaspoon at a time. Great on eggs, drizzled over popcorn, tossed in grilled veggies - so good! [Use this link via Amazon.](#) New flavors poblano chili oil and shallot are now available and delicious!

This Spanish olive oil is literally the best tasting olive oil all by itself. My IG friend Judy just won a whole years supply! I do have a discount code: Biz to save 12% on your order. [You can use this link here](#) - the price point is amazing too!

I finally treated myself to nice new sheets and OMG! Why have I spent years on crappy sheets? Brooklinen has given me a 15% discount code site wide. I got the classic bundle which includes the sheet set, and a duvet and 4 pillow cases. They are crisp soft if that makes sense and I noticed after a week of sleeping on them, I no longer wake up sweaty! [Biz15 saves 15% and you can check them out here.](#)

## nutreat!

Nutreat is my new favorite treat. I used to be team salty all the way, but when I want a sweet treat, I reach for NuTreat. It is line of low glycemic, fiber-rich puddings that have been clinically proven to keep your blood sugars in check while helping your gut health. And they are delicious! [Click this link to try them and get free shipping using code: mybizzykitchen](#)



# cooking classes!

Classes are \$20 a class, or for more bang for your buck, you can become a subscriber for \$40 a month to join all four classes, for a 50% savings.

Even if you are a member, you still need to sign into each class individually.

## FAQ:

**What if I am unable to attend at the Zoom time?** No problem! Every class is recorded and emailed to each person who signs up to watch at your leisure.

**Do I automatically get billed if I am a member?** Yep! No need to do anything. However you can cancel your membership at any time.

**I am not a member, but signed up for a class and realized I can't make it. Can I get a refund?** Yes! As long as I have 12 hours notice I can cancel it for you directly. Closer to class time and you can't make it, I can contact Airsubs and get your refund in usually 24-48 hours.

## **August Classes will be up on July 28.**

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have 96 five star reviews!

Hugs, Biz and Hannah

I learned more great recipes!! Radishes used as a replacement for potatoes! Yes, please! And it's always so fun with Biz & Hannah

It's so fun to see how many things you can make in just one hour. The recipes are always easy and flavorful, and Hannah and Biz are such a joy to watch. I love the cooking classes because there are so many recipes that I would never have thought to try on my own.

Biz and Hannah were amazing as always! They are fun to learn with and share SO much extra info!