

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



WEEKLY CHALLENGE UPDATE

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!



If you missed it, last week started a 90 day challenge with my daughter and my son-in-law. For me: stay under calorie deficit (I get 1607 calories a day based on my age, etc. using the Lose It App), get 30 minutes of exercise a day, read 10 pages in a book and DO NOT WEIGH yourself until the end. I know that is hard for some people. I am also adding "a chore a day."

Having the chore (or two) has been a game changer for me. Last week I organized my office, my product inventory, medicine cabinet, dishes cabinet, front hall closet, cabinet above my sink, cabinet below my sink and the closet that had all my cleaning supplies.

Some tasks took 10 minutes, some took over an hour, but I've literally been putting these tasks off for MONTHS! I also realized I had too much stuff and was proud that I dropped off a trunk full of stuff to Goodwill AND didn't then turn around and go inside to see that I could find. 😊



WHAT'S INSIDE THIS ISSUE:

Summer Orzo Salad- 2
Life - 3
June Discount Codes - 4
Cooking Class! - 5

SUMMER ORZO SALAD

A question I get asked a lot is how I come up with my recipes. I would have to say nine times out of ten, it's throwing a bunch of ingredients on my counter that I have in the pantry and fridge and seeing what I can come up with.

This summer orzo salad has a bit of spice, a touch of sweetness from the blueberries and corn, and is perfect for your summer dinner side dish. Best part is that it can be made ahead of time - it's good in your fridge for several days. However, don't add the sunflower seeds until right before serving.

This made 8 1/2 cup servings. On all WW plans this comes out to 4 points. If you count calories or macros, each serving is 151 calories, 4.1 fat, 23 carbs, 2 fiber and 5 protein.

- 1 cup dry orzo, cooked according to package instructions and cooled
- 1 cup corn (I cut 3 ears of corn to get 1 cup)
- 1/4 cup cilantro
- 1 cup blueberries
- 1 tablespoon white balsamic dressing
- 1 tablespoon herbed olive oil (I used Super-Fuzed - check out my discount code on page 4)
- 1 tablespoon giardiniera (spicy peppers if you can't find this jarred banana peppers chopped would be great)
- 2 tablespoons sunflower seeds
- 1/4 cup Parmesan cheese

Mix everything together. That's it! If serving right away, add the sunflower seeds, otherwise add just before serving.

This could not be an easier side dish!



If you are looking for another delicious pasta salad - this summer pasta salad is delish!

You can [check out that recipe here.](#)

If you have orzo in your pantry, make my copycat [Panera Chicken Orzo Soup](#) - this is my #1 soup on my blog to date!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

This past weekend felt like the good old days - think summer 2019!

Friday night I went to a Food Truck Festival with Hannah, Jacob, his Mom and brother and friends Melody and Carver. It was so weird to see so many people in one spot again!

The lines were long, but worth it. We had mini donuts, brisket, pork and tacos. Normally I would have eaten balls to the wall at an event like this - but, I remember what Giada from Food Network says when asked how she stays so small eating food for a living.

Her response: "I eat a little bit of everything but not a lot of anything." And that's what I did! I managed to enjoy myself, take tastes of everything, didn't feel stuffed and still met my calorie goal for the day - winning!

Sunday though I bent down to pick up a rag off the floor that I dropped and felt something on my right side - a pain and then I felt a "whoosh" like liquid was moving around. I laid down on the couch, and then felt the same thing on my left hand side. It was enough to spook me and Hannah took me to the ER. They ran a CAT scan, and nothing showed up. People on IG said it was probably gas (ha!) but it felt more than that. All I know is that I am glad I went just to be on the safe side.

I always wondered if we would have gotten my late husband to the doctor sooner, could he still be here today? I'll never know the answer to that, but my advice to you is if something doesn't feel right, get it checked out.

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



FOOD TRUCK FEST!

PULLED PORK SANDWICH

IN CASE YOU MISSED IT - WARM POTATO SALAD

MY BIZZY KITCHEN DISCOUNT CODES JUNE

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. June marks the beginning of BACON FOR LIFE! No matter how many boxes you get, once a month, or once a year, on your first box (and subsequent boxes) you'll always get free bacon in your box. To check it out, [click this link](#) to get the offer. Love the quality of their proteins!



GoHydrate - We have sold them out! Stay tuned for when their inventory is back in stock.

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.

Bison Hill Stone Crafts - Order one of a kind personalized slate charcuterie boards - use code [Biz15 to get 15% off your order.](#)

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.](#)

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!

Hannah and I are going to chalk up May as our "learning curve" for these online cooking classes.

Last weeks class - Asian Appetizers went flawlessly. I finally figured out that there is an automatic recording button! Ha!

This weeks class is a repeat - Chicken Bolognese - because that class wasn't recorded. My brother will be hosting that class with me because he is in town. That is June 10. June 12 Hannah will be back to do Grilling 101 - that class is at 6:00 p.m.

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.

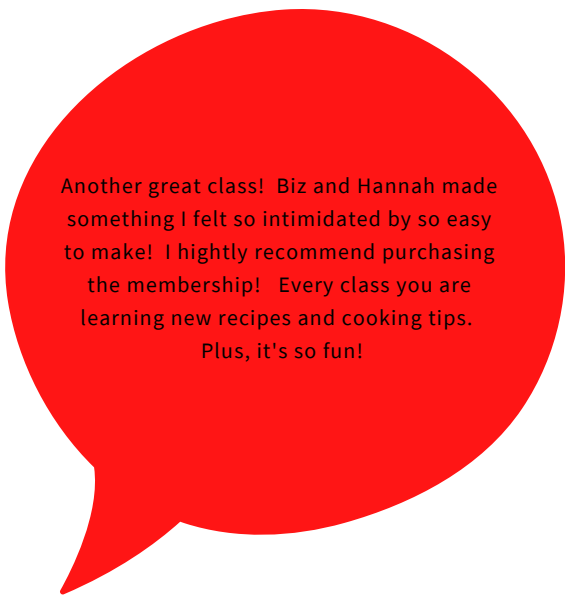
[The June schedule is now up!](#) [Check out our schedule here.](#)

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have 53 five star reviews!

Hugs, Biz and Hannah



Had so much fun tonight! It was easy to follow along and the food was delicious!



Another great class! Biz and Hannah made something I felt so intimidated by so easy to make! I highly recommend purchasing the membership! Every class you are learning new recipes and cooking tips. Plus, it's so fun!



I always thought these dishes would be way too hard to even try...I can't wait to have an Asian Appetizer party this Friday!