

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



I AM GETTING VACCINATED!

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 have been trying for WEEKS to get an appointment to get vaccinated. I tried everything, all different times of day and night.

Saturday I spent the day with my friend Morgan and it was 12:30 a.m., we may have had a little wine, and she said "let's try to get you an appointment!"

Within minutes I was registered and I only 18 miles to get it - whoop! My first appointment is March 26, and my second a month after that. Whew!

I've got places to go and people to see! I hope to visit my parents in law, my Florida gang of Erica, Bobby and Melissa, my friend Jeffrey and Utah and hopefully family over the summer as well.

I cannot wait to get out of Illinois for a bit! Thank you Morgan for helping me get my vaccine! (That's Morgan in her kitchen!)



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ZUCCHINI GRATIN

Zucchini is probably my favorite vegetable. So much so, that when Jacob and Hannah moved in with me in 2015, after a couple months Jacob told Hannah "I've had more zucchini in the last two months than I have in the last ten years." Ha!

Easter and Passover is almost here, and I love this zucchini gratin. It's rich, delicious, cheesy and a great way to use zucchini.

For four servings:

3 medium zucchini, sliced thin

For the sauce:

4 tablespoons I Can't Believe it's not Butter

4 tablespoons flour

2 cup unsweetened almond milk

3 ounces shredded swiss cheese

1 teaspoon garlic powder

1 teaspoon cracked pepper

1 teaspoon salt

1 teaspoon crushed red pepper

For the crumb topping:

2 tablespoon I Can't Believe It's Not Butter

1/2 cup panko bread crumbs

melt butter and add bread crumbs and cook over medium heat until they start to brown

Instructions

To make the sauce:

Melt the butter, add the flour and then slowly add the milk. Stir until thickened. Add in the cheese, seasonings and stir until cheese is melted.

I used 3 medium sized zucchini's for this dish. Spray a small casserole dish. Layer with sliced zucchini, salt and pepper, then top with some of the cheese sauce, and repeat – I got 4 layers. Top with panko bread crumbs and bake at 375 for 30 minutes.



On all WW plans, each serving is 5 points. If you count calories or carbs, each serving is 279 calories, 11 fat, 18 carbs, 9 protein

If you are looking for a lower point side dish, check out my [carrot potato mash](#) - 3/4 cup is only 1 point on #teampurple and 2 points on #teamgreen

Or try my [butternut squash twice baked potatoes](#) - 2 points on #teampurple and 5 points on #teambblue and green or 291 calories, 55 carbs, 5 fat, 9 protein and 8 fiber



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LIFE

Last week I turned 53! Unfortunately I haven't seen my twin sister in person since March 12 of 2020, but we got to chat via FaceTime so we will take what we can get.

I went out to eat twice, and ordered Reuben sandwiches both times, because it's literally my favorite sandwich ever invented. My friends Jen and Bill took me out and we ate chocolate cake and cheesecake for dessert - so good!

Hannah and Jacob took me out to a local restaurant that was known for their craft beers. I attempted to try a "stout with vanilla notes" and took one sip and immediately ordered a pinot grigio. 🍷

On Saturday I was able to meet up with my friend Morgan. We decided that once a month we will get together to cook a meal together. This past weekend we made three dishes from Marion's Kitchen: spicy shrimp wontons, a Vietnamese salad and crying tiger buttered steak, which we made into lettuce cups.

Everything was delicious and that compound butter we made for the beef was insanely delicious - we only needed a little bit of butter but it was maximum flavor.

We also got to see our friend Vicki while grocery shopping - Vicki and Morgan have been IG friends but this was the first time they met in real life. Next time Vicki we will have you over too!

You can follow Vicki here - she is a WW guide and awesome cook. Morgan's IG is here, and you can check out her food blog here.

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

PHOTOS ON THIS PAGE:

**REUBEN SANDWICH
AND DESSERT!**

**MARION'S KITCHEN
NIGHT AT MORGAN'S**

VICKI AND MORGAN

**ALL THREE OF US -
GROCERY STORE
WHORES! 🍷**

