

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## HAPPY BIRTHDAY JACOB!

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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Happy birthday to my son-in-law Jacob! He's the last of the multiple March birthdays in our family.

For those of you who don't know, we moved to the town I live in when Hannah started 4th grade. She told me that no one at the bus stop talked to her because she was the "new kid." She said next year if she saw somebody new, she was going to talk to that person.

Just so happens, Jacob was the new kid the beginning of 5th grade. Hannah immediately went to him, introduced herself and started talking a mile a minute, because that's what she does. Jacob came home from school that day and told his Mom "I just met the girl I am going to marry today!" They didn't start dating until high school, and will celebrate their 4th anniversary of marriage this October.

Love you Jacob!



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## SPICY CREOLE SHRIMP PASTA

When we used to go out to Chili's when our kids were younger, my stepsons go to dish was Chili's cajun chicken pasta. For the record, that order is 33 points. Wow.

I decided to make my version a shrimp version and this was so delicious. Yes, the points are slightly high on this recipe, but it's only 11 points on #teambblue and #teampurple and 12 points on #teamngreen.

If you count calories or macros, it's 455 calories, 12 fat, 52 carbs, 8 fiber and 34 protein.

This is for one serving:

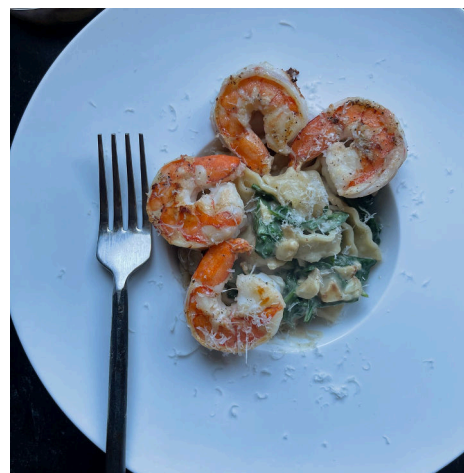
- 4 ounces shrimp (I used Oishii shrimp from Mariano's)
- 4 cloves garlic (mine were roasted), minced
- 1 tablespoon I Can't Believe It's Not Butter
- 1 tablespoon flour
- 3/4 cup unsweetened almond milk
- 1 tablespoon grated Parmesan cheese
- 1/2 to 1 teaspoon of creole seasoning
- 1 cup cooked pasta of choice (mine is called mafaldine)
- 1 cup fresh baby spinach, chopped

Cook pasta according to package directions and set aside.

In a skillet, melt the butter with the roasted garlic - since I used roasted garlic, it's a bit milder, which is why I used 4 cloves. Once the butter has melted, add the flour and stir for one minute. Slowly stir in the almond milk and stir until thickened, about 4-5 minutes.

While that thickens, cook your shrimp (I just seasoned with salt and pepper) and cook for 4 minutes, or until cooked through.

Add the shrimp to the sauce, add the pasta, creole seasoning, chopped spinach and stir until the sauce coats all the pasta. Garnish with a bit more grated Parmesan cheese.



If you like shrimp, check out my [shrimp and green bean stirfry](#).



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# LIFE

This last week felt a little back to normal life. Friday I got my vaccine - whoop! It was funny because the tech asked if I had an aversion to needles - um, no - I take 4 shots a day! I had no side effects, not even a sore arm. I got the Pfizer vaccine.

Friday night I was invited to a media event at Pork Chop BBQ in West Town in Chicago. It was a bit unorganized, but my friend Morgan and I were like "hey, it's a free night of food!" We met a couple next to us - and small world - this woman's mom lives a block from me - what are the chances? She's actually visiting her Mom tonight and will stop by and say hello on their dog walk.

The burnt ends and pulled pork were the highlight of that dinner.

I slept over at Morgan's house and then headed to my Mom's house for some chores around her house, and she made me a delicious shrimp lo mein for lunch - I'll try to get a written recipe for it as my Mom is a "pinch of this, pinch of that" kind of cook.

Then it was back home to babysit Hannah's best friends son. He's 9 and loves video games, but I decided we should have a craft night. We literally crafted from 7:30 until 11 without stopping - so fun! He told his mom he was worried that "Miss Biz" would make him cook and he wasn't a very good cook - how sweet?"

I am spring cleaning and realizing I just have too much stuff, so it's either finding a new home, or being thrown out if worn out. I am so happy with my new spice drawer!

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



PHOTOS ON THIS PAGE:

**BURNT ENDS  
AND PORK FROM  
PORK CHOP BBQ**

**CRAFT NIGHT!**

**BEST SPICE DRAWER  
EVAH!**



I am really bad about putting all my discount codes in one spot, and hope to do better in April.

That being said, I never know what discount codes will continue to the previous month, so for all I know, these codes will end soon.

First up is my beloved Safe + Fair! All their products specifically tell you what food allergens they are free from. Best news too is that they are manufactured in a plant that never has tree or peanuts in the facility so there is no worry of any sort of contamination. You can use code Biz20 to save 20% off - spend \$40 after my discount and get free shipping. I used to babysit a girl with such a severe peanut allergy that her Mom would check my purse to make sure there wasn't anything in there, so I've seen first hand how bad food allergies can be.

Next is Super-Fuzed Herbed Oil! Holy balls - this code is good for the next 20 days.

This herbed oil is unlike anything I've tried before and it's only 1 point per teaspoon and a little goes a long way. I love using it as a finishing sauce, like to roasted veggies, tossed in a salad or drizzled over prosciutto wrapped cantaloupe, which was my Sunday breakfast. Code: 12MYBIZZYKIT gets you 12% off. Some people bought the 4 ounce jar and then once they got it, kicked themselves for not getting the 16 ounce jar. 😊

The two pounds of grass fed, grass finished beef from Butcher Box is ending at the end of this month. New subscribers will get two pounds of ground beef for life no matter if you buy one box a year or one a month. You can use this link to get that deal. I am not sure what the deal is yet for April - I'll keep you posted!

Lastly, Beekeeper's Naturals! These are all natural products, made to help not only with your immunity, but for people who may not be able to use traditional over the counter remedies - their products are going to make you rethink your medicine cabinet. I've been using their throat spray before bed and no longer wake up to a dry mouth. Their new throat lozenges are now in my daily routine to boost my immunity. Use this link to get a free bonus gift with each purchase, while supplies last.

