

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



I HAVE A NEW GRANDBABY!

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!



Hannah and Jacob casually mentioned last week that they were going to check out a dog. Apparently acquaintances of theirs split up and the woman didn't want the dog (which was a gift from the finance) and the man works too many hours to keep the dog, so welcome Nero to the family!

He is a pit bull, ten weeks old and as cute as can be. It's so awesome holding a tiny puppy and he's been doing amazing at potty training.

Rummy and Roman may not be as happy at the moment, but I had to remember that it took Rummy several weeks to get used to Roman and now they are two peas in a pod.

I kept them on Friday night last week so Hannah and Jacob could concentrate on training Nero. He starts puppy school soon as well.

While I keep contemplating getting a dog, having the dogs just for 15 hours was reminder enough that it takes time and I like the flexibility of just deciding to stay in Chicago, for example, for a few days and not have to worry about who is going to take care of a dog.

I'll stick with grandpups!



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LEFTOVER FRIES FRITTATA

I am the leftover queen. I can take half of a leftover hamburger and turn that into beef tacos, or even add it to pasta sauce for a quick bolognese.

I always bring fries home too. Great reheated in the air fryer, or you can make this leftover french fry frittata. Because it cooks in a cast iron skillet, the bottom is crispy like hash browns - so good!

Ingredients for One:

- avocado oil spray
- 2 ounces of leftover French fries, chopped
- 2 eggs
- 1/4 cup unsweetened almond milk
- 1 tablespoon hot sauce
- pinch of salt and pepper
- 2 ounces chopped deli ham (I use Oscar Meyer Black Forest Deli Ham - 1 point for 2 ounces)
- 1 ounce 75% reduced fat Cabot extra sharp cheddar cheese
- parsley for garnish after it comes out of the oven

Instructions

1. In a 6 inch cast skillet, spray with avocado oil spray and heat over medium heat. When it starts to get hot, add the French fries to the skillet and press down with a spatula.
2. Mix the eggs, milk, hot sauce, salt, pepper and deli ham together. Pour that mixture over the fries, then add the shredded cheese.
3. Bring temp down to medium low and put a lid on the skillet, and cook for about 6-8 minutes, or until the eggs are set. Heat broiler on high. Let the cheese get all bubbly and nice. Using a knife, run the knife around the side of the pan and it will release the bottom. Sprinkle with fresh parsley and breakfast is done! This turned out to be brunch, so it was perfect.

If you wanted (or needed) to lower the cholesterol in this dish, you can substitute egg whites. On #teamgreen using egg whites would save you 4 points on this dish.

This is a great make ahead breakfast too - simply reheat in a cast iron skillet on top of the stove, or in the air fryer at 400 for 6-8 minutes to heat through.



On #teampurple and #teambblue, this frittata is 7 points on #teampurple it's 11 points.

Looking for more breakfast inspiration? Check out my [apple waffles](#).



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

Last week was so much fun and good for my soul. My old boss is a season ticket holder for the Chicago Cubs and invited me to a game with his current assistant, who is also my old work friend.

He took us to Coda Di Volpe near Wrigleyville and we enjoyed an amazing dinner. The neapolitan pizzas were delicious and I loved that the pizzas were served with scissors to cut into at the table.

I stayed at my beloved Kimpton and was happy to be back in the city. On Thursday I met my IG friend Jodi and we went to Siena Tavern and even though it's Top Chef Fabio Viviani's restaurant (southern Italian) I ordered a burger - ha! It was amazing. It had oven dried tomatoes on it and crispy kale and it was perfect.

We then went on the Shoreline Sightseeing architectural tour - thanks to my IG friend Emily. I've lived in Chicago my whole life and it was the first architectural tour I've taken.

Thursday I checked out of the Kimpton and headed to my friend Morgan's house! I haven't seen her all summer - she's had a lot going on this summer so it was nice to just chill, sip some wine and catch up. We ordered from Sticky Rice and I had the best panang curry I've ever had - so flavorful!

I told Morgan that hopefully it won't be months before seeing each other again.

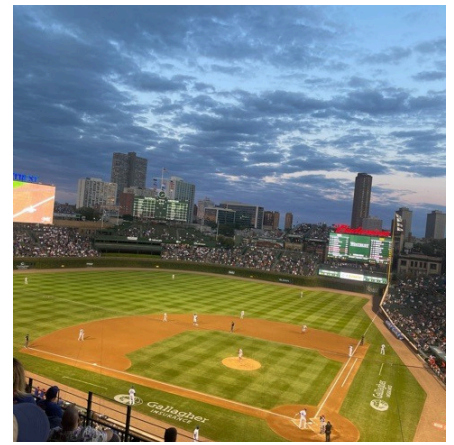
PHOTOS:

CUBS WIN

PIZZA AT CODA DI VOLPE

BEST BURGER AT SIENA TAVERN

JODI AND I ON THE SHORELINE BOAT



LIFE

If you've been following me for a while, you may remember that I became friends with Jeffrey - he made a documentary on Amazon prime called Once is Enough. Last July I had bronchitis and watched it three times in a weekend.

Later that week I direct messaged him and said "this may sound weird, but I loved your movie and I think we would be great friends!" And then crickets - ha! I just figured he thought I was a stalker, but unbeknownst to me, he was camping with no cellular service.

We are friends now, and talk all the time and he got married last week! So happy for him and Martin. They are enjoying a honeymoon in sunny California.

Sunday was a Fun Day! I started following Nathan and Philip on IG a few months ago, and Nathan's good morning stories give me life. [Click here to get their IG handle to follow along.](#)

Philip has a low sodium diet so I made my skinny pizza dough sans salt and used regular flour instead of self-rising flour - if you didn't know - self-rising flour has a bit of sodium, while regular has hardly any.

I went to their late 1800's Victorian that has been completely renovated and we made pizza, their dog Lucy loved me and we hung out in their gorgeous yard. I love when IG friends become real life friends!

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

PHOTOS:

PANANG CURRY FROM STICKY RICE

CONGRATS JEFFREY AND MARTIN

SO FUN MEETING YOU NATHAN AND PHILIP!



MY BIZZY KITCHEN DISCOUNT CODES SEPTEMBER

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

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!

LAIRD PUMPKIN SPICE CREAMER!! HOLY BALLS YOU GUYS! If you love pumpkin spice, get these creamers - it tastes just like Starbuck's and you can make it at home for a fraction of the cost.

I also tried their buckwheat pancake/waffle mix and **this is hands down the best packaged mix I've ever tried** - maybe because of the buckwheat?? Each pancake is 160 calories and delicious. [My discount code BIZ gets you 20% off your order of \\$40 or more.](#)

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. [**CLICK HERE TO SIGN UP.**](#)

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.

Do I get all access to previous classes when I join? Yep! We have 17 classes in our on demand library for you to watch at your leisure.

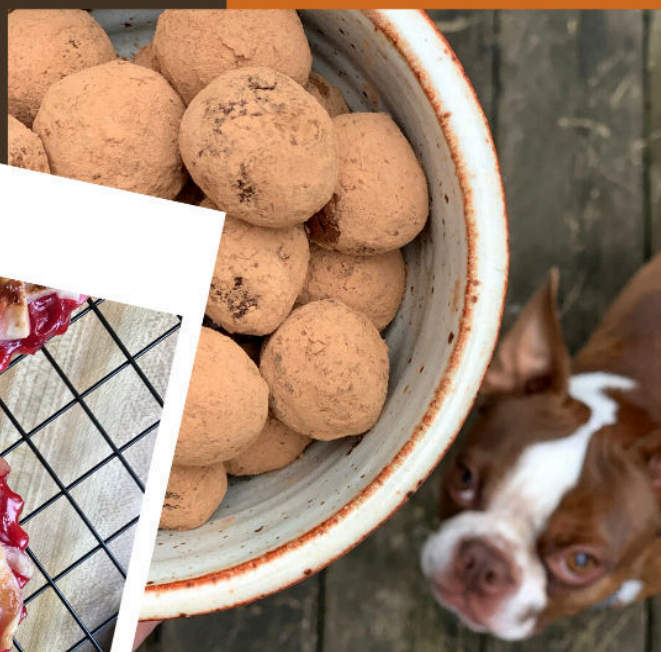
SEPTEMBER CLASSES ARE UP!

SEE THE FOLLOWING PAGE FOR DETAILS
STILL TWO MORE CLASSES THIS MONTH!

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have **131 five star reviews!**

Hugs, Biz and Hannah

September Cooking Club Classes!



SEPTEMBER 1: SWEET POTATO!
SWEET POTATO WONTONS
BLACK BEAN SWEET POTATO CHILI
SWEET POTATO BANANA PANCAKES

SEPTEMBER 8: SALADS!
BLACKENED CHICKEN IN A JAR
BUFFALO BURGER SALAD
BANG BANG SHRIMP SALAD

**SEPTEMBER 15: STEW! SAUCE!
BRAISE!**
BLACK BEAN & SAUSAGE STEW
PORK RAGU
BRAISED BEEF AND CARROTS

SEPTEMBER 29: DESSERT!
AVOCADO CHOCOLATE TRUFFLES
MINI CHERRY PIES
BLUEBERRY CREAM CHEESE TARTS

