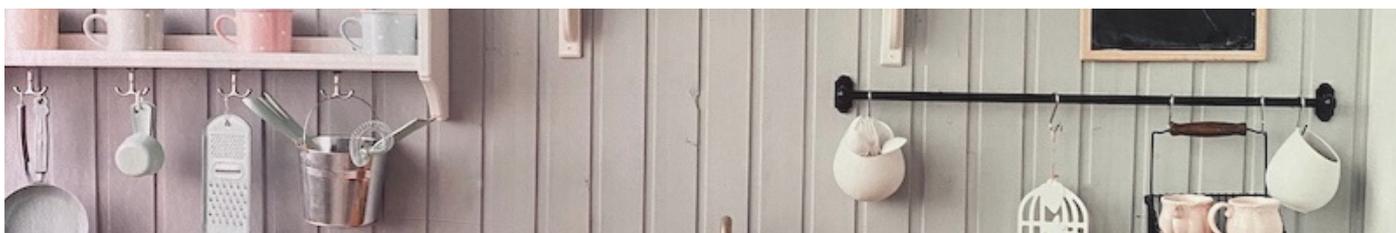


MY BIZZY KITCHEN



The Official Newsletter of My Bizzy Kitchen



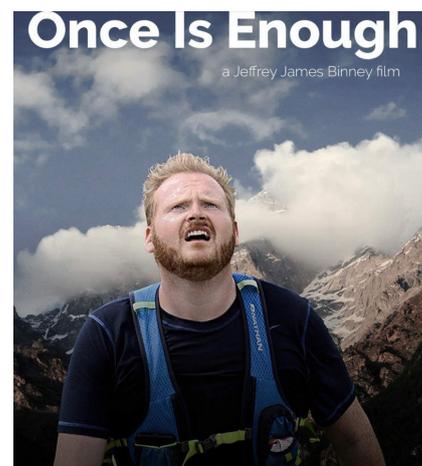
SALT LAKE CITY IN MAY!

If you are new here - welcome! I have a cookbook that published! You can download a copy, you can enter this into your browser:

<https://gumroad.com/mybizzykitchen>
We thank you for your support!



It is not unusual for me to send direct messages to people on Instagram (usually video - ha!) who inspire me, or shared a great recipe, etc. I am the biggest cheerleader. Two years ago this July I messaged my friend Jeffrey ([you can find him in IG here](#)) and sent him a direct message telling him that I just watched his documentary on Amazon Prime (called Once is Enough) and that I thought we should be friends.



I didn't hear anything from him for a week and I thought "he must think I am crazy!" But he was camping and had no cell service, and when we finally talked, we scheduled a FaceTime call not long after, and well, we talk all the time now.

He got married in September, and we kept on saying "we need to get together!" But I've learned as I get older that unless you make a plan, it's just words in the air.

So I booked a trip to Salt Lake over Memorial Day weekend and I can't wait - so excited! I've never been to that part of the country before.

So my advice is to become IRL friends with your internet friends - it's the best!

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CAJUN CHICKEN WINGS

I am on Connect, which is Weight Watchers version of Facebook. Last week someone posted that they were so sick of chicken breasts and wished they could just have chicken wings.

What?! You can have chicken wings. You just need to even out your food for the rest of the day. Easy as that!

My 5 ounces of chicken wings came in at 11 points, and worth every point.

The secret to crispy wings is two things: make sure your chicken is patted dry, and second, use baking powder with your seasoning. I know it sounds weird, but it helps get the skin crispy.

I cooked up a pound of wings, ate three wings and the rest will go to my son in law tonight. Luckily he only lives 7 minutes away from me. ♥

1 pound chicken wings
2 teaspoons baking powder
1.5 teaspoons Cajun seasoning (lemon pepper would be great too!)
1/2 teaspoon salt
1/2 teaspoon black pepper

Heat airfryer at 400 for 5 minutes. (You can bake at 400 degrees as well).

Pat the wings dry. Add seasonings to a large bowl and toss the chicken in the seasoning mix. Spray with avocado oil spray and cook for 15-20 minutes at 400 degrees, flipping halfway through, until they reach an internal temperature of 165.

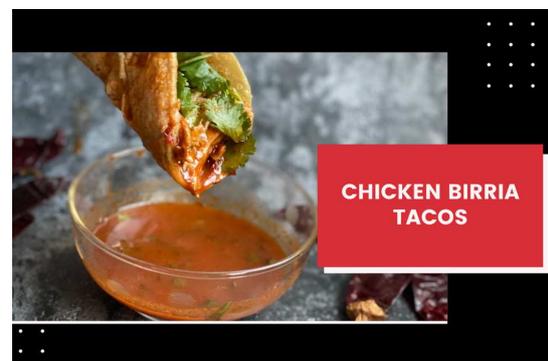
Serve with carrot and/or celery sticks and dressing for dipping. I enjoyed mine with a Sumo orange too.

I used Cooks Venture chicken below and it's HANDS DOWN THE BEST CHICKEN I've ever made at home. Sorry I am shouting but it's the truth! [Check my discount Biz50 to save \\$50 off your first order.](#)



My blog is a work in progress, but you can see my [recipe categories here.](#) Slowly adding WW links and nutrition to each post.

I also have a YouTube Channel - [you can check that out here!](#)



Follow my blog [My Bizzy Kitchen](#)

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LIFE

My daughter and I have lots of things in common. One of those things is to decide to do something and ask questions later. For some unknown reason, on Friday night after I finished working I decided it would be a good idea to rearrange my room.

I think growing up Hannah rearranged her room 1,723 times. I have a queen mattress, so basically had to move everything out of the room, lift the mattress off (yes - by myself!) and move the frame and then make the bed with fresh sheets.

Meanwhile, all the rest of my crap was in the hallway outside the bedroom and on the dining room table. I looked at all this stuff and my first question was "why." Why did I have cookbooks in my room, or odd electronics, etc. in there? It's because they didn't have a home, or I couldn't decide what to do with it.

Part of me feels that every time I change a part of my house, I am removing my late husband's presence from the house. But that is part of moving on after loss. It took me a year and a half to donate his lay-z-boy chair because that was his spot. But he's not here and I am continuing to remind myself (and you!) that life is for the living.

I can't bring him back, and by changing my surroundings in the house I now live in alone, isn't erasing all the memories we had together in this house.

But I was reminded of him yesterday when my friend Tia suggested we day drink - ha! How many Sunday afternoons did my husband and I spend at Buffalo Wild Wings playing trivia and drinking beer and eating wings. Tia is such a bright light in my life - she's spunky and has such a zest for life as I do. If you want to follow her on IG, please do - I know you guys will love her as much as I do.

The only difference is that Tia and I walked 6 miles round trip to our shenanigans - my late husband never would have done that. 😊

Tia and her new bling for her closet - Hey Babe!
The giant bloody mary I got at The Tracks in Cary
I met my friend Shawna for dinner - so fun!
The Szechuan shrimp from PL8 in Barrington
I got home from a walk at nearly 8 p.m. last week and it was still kind of bright out - bring on the spring weather!



MY BIZZY KITCHEN DISCOUNT CODES MARCH

GoHydrate - IS BACK IN STOCK! Bizzy is the code to save you **15%** - it's the only way I drink water. It has electrolytes AND Vitamin D! [Click here to order.](#)

ZeroCarbLyfe - my discount code is back with ZeroCarb! I love their chicken crust. Yes, it's on the pricey side, but I have tried to make this low carb crust a dozen times and it's nowhere near how delicious theirs is. The key is to bake it naked for 6 minutes at 500 degrees, then top and cook 6-8 more minutes. Last week I made a Mexican pizza with pickled jalapenos - so good! [Click this link and use code Biz to save 15% off your order.](#)

Athletic Greens. AG1 is a powder drink substitute that is going to replace all the supplements you have in your medicine cabinet now - from Vitamin D, B2, Vitamin C - etc. With 75 vitamins, minerals, whole food sourced superfoods, and probiotics. I am not the best at eating my veggies, so I love that this daily drink can fill in my nutritional gaps. [With this link](#) you can get a years supply of Vitamin D and 5 free travel size drinks.

Safe + Fair is my go to for granola, snacks, protein powder and popcorn. All of their products are free of so many food allergies, including food dyes, and are sold at a fair price. [Use Code Biz20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too!

"Craveworthy flavors + clean ingredients. We make food for everyone at an honest price. It's the Safe + Fair promise."

Cooks Venture discount is back!

Hands down the best chicken I've ever cooked in my own home. They raise the chickens on an 800 acre pasture, and with my discount of Biz50 you get \$50 off your first order.

[Click here to save.](#)

WHAT'S IN THE BOX

We proudly ship select cuts of pasture-raised heirloom chicken and pasture-raised meats.

- Individually-sealed, ready-to-cook
- Pasture-raise, heritage breeds
- Non-GMO feed, raised on regenerative farmlands
- No antibiotics or hormones ever
- Free shipping



gluten free dairy free

no bake no mess

allergen free no wait

COME TO GREECE WITH ME!

I will be going to Greece on
October 13 - 20, 2022
and I want to take you with me!

UPDATE:
12 PEOPLE HAVE ALREADY SIGNED UP!



Here is the official link to get all the information from trip details, refunds, COVID restrictions, etc. If you have any questions, please shoot me an email at mybizzykitchen@gmail.com