

Strategies Applied:

- Mix the dressing the day before - I've found this keeps several days in the fridge. I like to use small bottles or jars for items like this: Starbucks Latte bottles are perfect - they have a large mouth that's easy to fill. Buy them on sale with a coupon, of course - one of my son's friends dropped their bottle in my recycle bin, so I retrieved it...ah, a frugal confession!)
- Dressing: Since most of these items are [pantry ingredients](#), see that page if you have a question on pricing. The sugar was 7 cents, the flour, 6 cents, the spices around 5 cents, the milk, 16 cents, the egg 15 cents, vinegar probably about 3 cents. I'm figuring about 52 cents for the dressing, and you'll have extra left over.
- Lettuce: I really watch for the lettuces on sale: I bought the romaine on sale for \$1.35 for a 1 1/2 pound head. We've been using it all week - cost for four side salads is about 35 cents.
- Apple: On sale in the fall! Cost apple was around 34 cents.
- Craisins: I usually find for free with coupons. If not, look for dried cherries or cranberries in the bulk bins - they're pricey, but just a few really dresses up this salad.