

### Strategies Applied:

- **Chicken:** Whole chickens are available in my area on a deep sale of 69 cents up to 89 cents per pound. Cost for my 5 1/2 pound bird was \$4.89. I'll use my divide and conquer strategy and stretch this chicken over several meals. Cost \$4.89.
- **Lemons:** Very seasonal; At Rainbow they were 40 cents each, so I omitted. I did have a few "ends" left over from another meal, and tossed them in.
- **Butter:** On sale for \$2.49 a pound, our cost is 2 cents.
- **Carrots:** An inexpensive item even not on sale – but keeps so well I buy a couple of packages if it is cheaper. \$1.00 a pound is standard in our area, but the larger packages of 5 pounds are often on sale for \$2.50 – that's 50 cents a pound, or about 30 cents for six. Carrots will keep longer if you rotate the package, which is so often on the bottom of the drawer, so they don't sit in condensation.
- **Onion:** 99 cents for three pounds. Cost for this recipe, about 16 cents.
- **Chicken Broth:** Free; I make my own.
- **Potatoes:** I love the baby reds, \$2.49 for five pounds, enough for a side dish for six, about four ounces each = 75 cents.
- **Olive Oil:** I have a little strategy for buying [olive oil](#) – using coupons and sales to lower the price, so click on the link. I think it's important to use olive oil as opposed to many others – the health benefits outweigh a bit more extra cost, and it can be had at a very reasonable price. I also like the fact that Olive oil contains no hidden trans fats like Canola or Vegetable oil. Cost for this recipe: 24 cents.