

Strategies Applied:

•This is an easy recipe to make ahead and freeze, either before it's breaded or after. If you want to freeze after it's breaded, cook the chicken in the oil until partially browned and the crust is set, cool on a rack in the fridge, then freeze on a piece of plastic wrap or parchment. Bag and put back into the freezer. When you are ready to eat them, bake or fry frozen, adding a bit of time to the cooking time. I've found this is best for short-term only; without all the preservatives, the bread crumbs will taste stale after several months.

•**Chicken:** I never buy full price chicken – it goes on sale too often. Some sales are better than others, but usually every few weeks it will drop to 99 cents a pound, and I stock up then. I prefer bone in breasts over boneless (see [Bone-In Chicken Breasts, How to Deal with in a Frugal Manner](#)) but I'll buy either bone in or boneless at this price. I portion the chicken in Ziploc bags, a breast per person for meals and freeze. If breasts are super large, I'll trim them down to about six ounces and make tenders for the kids or use the bits for stir fry.

•**Ham:** I picked up the Buddig on sale a few weeks ago with a coupon, so my cost is about 10 cents. It regularly goes on sale with coupons, often cheap enough for low cost. This is one of the few times I'll use a lunch meat rather than my [kitchen slicer](#).

•**Bread crumbs:** I've brought bread crumbs once, when a friend asked me if I'd pick up a can of Progresso Crumbs on my way to a dinner at their house. I was horrified how expensive they were. I always make my own from the left over bread and toss them in the freezer for when I need them (see my post on [bread crumbs](#).) When I am sautéing something, I use the once I've toasted rather than soft bread crumbs. Since they are made from a discarded ingredient, I don't count any cost.

•**Eggs:** Stock up on eggs when they're inexpensive, normally during Holiday weeks. Low prices in my area range from free (often with other purchases) to anywhere from 50 to 88 cents. They last for weeks in the fridge – The date on the container is a 'buy' date, and you can expect them to last a good six weeks past that date. If you pick up two or three packages when they're at their low, you'll rarely need to pay full price.

•Refrigerate right away and never store in the door; eggs keep best in a colder part of the refrigerator, in their own box. (Then put your partially used vegetables in the door where you'll see them and remember they need to be used ASAP – the half a bell pepper or onion, etc.) In doubt about an egg? If it floats in water, discard, just to be on the safe side. If they float, it means the egg inside is drying out, not that it is bad in any way. Cost for 1 at 88 cents a dozen? about 7 cents.

•**Oil:** Depends on how you cook these; I'm figuring about 3/4 cup of oil for 1/2 inch, last bought on sale for \$1.88 for 48 ounces. Cost about 15 cents.

•**Carrots:** On sale for 48 cents a pound; I've used the recipe for Glazed Carrots.

•**Greens:** Turnip greens are on sale 99 cents a bunch, this week, and I've used my recipe for [Braised Turnip \(or other\) Greens, Healthy Style](#).