

Strategies Applied:

- Use this recipe when you have leftover chicken, or even better, make extra chicken when you cook it for dinner and plan on making this salad.
- Chicken: Buy at the lowest prices you see and freeze until you need it. Mine was from several weeks ago when chicken reached \$1.29 at the store for the first time this year. I often bake an extra breast just for this salad or another dish when I'm making chicken breast for dinner. Save the bone in a Ziploc bag in your freezer until you've accumulated enough to make a broth. You could speed up this process, too, by using a poached boneless skinless breast; I think the oven roasted bone in breast adds a bit more flavor. This is also a good candidate for leftover turkey! \$1.55
- Grapes: They are on and off sale all the time, all year round. Buy them on sale if they look good. Be sure to wash them very thoroughly, even if they already look clean – they're on the top 12 list of foods that retain pesticides. Per pound look for \$1.29 to 99 cents. Cost 50 cents.
- Celery: Again, often on sale, usually just a few cents lower than regular price, try to pick up around \$.99 or lower. No sense in wasting those pennies as celery keeps well. If it's awkward to fit in your fridge, just trim off the root end and put it in your stock bag. I save these items all week and make a stock almost every weekend. If not, I freeze them. Think while you have your celery out if it might be worthwhile to slice, dice or cut it for another recipe you're making later in the week. This is another item you'll want to wash thoroughly. Cost 20 cents.
- Red Onion: Again, another vegetable that does get discounted now and then. Buy several when they're on sale because they keep, literally for months. Red onion does have a strong, fresh bite, so if you don't care for that substitute green onion. I try to have several ideas in mind as to how I'll use my red onion before I cut into it because I generally don't use the whole onion in any one recipe. If I can't use it before it's on its way to going bad, I'll saute it quickly, put in a Ziploc and label for later. Cost 10 cents.
- Mayonnaise: I buy several jars throughout the summer so I'll have cheap mayo all year round. I have to say I prefer Hellmanns, but as you can see, I've picked up Kraft due to price. Best to buy in the summer with coupons, I often find for \$1.00 a jar. The small sacrifices add up. You could use yogurt or greek yogurt, the thicker the better in this. Make your own by layering cheese cloth over a strainer, placing the whole works in a bowl, making sure there is space between the strainer and the bowl and then loosely covering it and placing in

the fridge for 12 to 36 hours. Cost 5 cents.

- Honey: I often buy, of all places, at Walgreens. They'll put their honey on sale several times a year with a little coupon in their ad for the discount. They're pricing beats almost any I've seen for basic honey. Now and then, I'll pick up nice honey at the farmer's market or even a farm I happen to by driving by. Their stronger, floral flavors mean I'll be able to use less in a lot of applications. Cost 40 cents.

- Sunflower Seeds and other nuts: Often on sale during the winter holidays, look for coupons from the producer, too, at that time. Aldi's often has inexpensive nuts. As you can see, I picked up a little bag of snack nuts for a few pennies, this time. Store nuts in your freezer. Cost 40 cents.

- Bread: Buy on sale and freeze - I double wrap and thaw in the fridge overnight. This is Brownberries wide-pan Oatmeal. There are coupons now and then that coincide with sales. Cost for bread \$1.99, eight slices are 88 cents.