

## Strategies Applied:

- While this recipe works wonderfully for left over Ham or Turkey, if you have a little bit of White or Mornay sauce left over from something else, a sandwich like this is a great way to use it up. Left over asparagus or other vegetables work here, too. Try making these on left over biscuits or buns from a Holiday dinner.
- **Bacon:** Used to be an inexpensive ingredient, its price has risen with its popularity. Let's face it, bacon isn't the healthiest - we seldom use it here on its own as a meat, but do use it in small amounts in recipes, where I consider it as a "flavoring" rather than a protein. I buy on store specials and take advantage of coupons - my go to price is between \$2.00 and \$3.00 a package. I freeze until needed, partially thaw (until a knife will go through) and cut across the bacon from top to bottom. 1/16th is the same size as a strip. I wrap the bacon back up and freeze again. If I'm cooking bacon, I'll often think about another recipe I'd like to use bacon in and cook up a bit extra for it. Then I hide it in the fridge. Cost for this recipe, at \$2.89 a pound, \$1.62.
- **Ham:** Buy an extra every time they are on sale for the Holidays; they keep a long time and freeze well. ([See 12 Days of Ham.](#)) Cut off a slice or two before you freeze it or bake it for "ham steaks. Serve your ham for dinner, then cut up the leftovers and bag in one or two cup portions and freeze for recipes. Ham may not be the healthiest of meats, but a small amount brings home the flavor, and allows you to use just a little in many recipes, like soups and casseroles. Make soups with the bone. My ham usually runs about 69 to 88 cents a pound in this area on sale. 12 ounces runs about 52 cents.
- **Cheese:** Cheese is an item that I almost always buy on sale. Often with store specials, coupons and special offers from the producers I can get cheese very cheaply, and sometimes at no cost. I'll stock up then - if it's not open, it keeps forever. If I have to freeze, I will sometimes do this - it's ok when used in a casserole, but not very good for eating. I look for a price of a dollar (or less) for an eight ounce block of store cheese. I used about 4 ounces of cheese in these, the cost is around 50 cents.
- **Bread** - bread freezes well is wrapped carefully and thawed overnight in the fridge, but only for short periods of time. I really like to use the better breads - oatmeal, used here, is a compromise - my kids like it and it's a bit better than store brand. Plus the better breads often have great sales with coupons. I used Brownberry on sale with a coupon - 75 cents. Six slices come to 23 cents.
- **Milk:** On sale this week, a gallon is \$2.50, a cup and a half about 12 cents. When milk is inexpensive like this, I'll pick up some at the beginning of the week, and then stop back at the store and buy more toward the end of the week for the next week's supply. I'll also think about recipes that use more milk. It generally keeps a good week unopened after the "sell by" day, several days opened if closed promptly and put back in the fridge after each use.
- **Butter:** I stock up at \$1.99 a pound, and hope for better prices now and then. Last bought at Easter - and I bought a lot - at \$1.49 a pound. One tablespoon is 5 cents.
- **Tomato:** I look for about 99 cents to \$1.49 if I have to pick up off season, and generally buy the plum tomatoes. Half of the sandwiches were tomato, 99 cents a pound, 50 cents total.
- **Asparagus:** A great sale price is 99 cents, seldom seen, but I buy most of my asparagus for

\$1.99 a bunch. A bunch can vary in weight, so keep that in mind when comparison shopping. This bunch had about 40 thin spears, I used about 15 and [marinated the rest](#). Cost 75 cents.

- To remove tough ends, slide one out of the rubber band, and snap it, holding it at the ends – It will break in just the right place. Line that stalk up with the rest of the asparagus that is still banded cut through them all at once. The stalks take longer to cook than the ends, so sliding a band up to keep the tips together saves you a bit of time. I don't waste the ends – they go in my morning smoothie or a stock.
- **Other ingredients:** Negligible.