

Strategies Applied:

- **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. Cost for 8 at 88 cents a dozen? About 60 cents.
- **Butter:** A bit of a splurge, cost and calorie wise – but for taste and health, I'd rather use real butter than trans fat laden margarine or oils. Yes – they do have trans fat, even if the label says they don't. Harvard, for instance, says unequivocally: "*The key to a healthy diet is to substitute good fats for bad fats and to avoid trans fat.*" While butter isn't a healthy fat, many feel that trans fat is worse than saturated.
- Buy on deep specials, often around the holidays with store coupons. I shoot for \$2.50 a pound and freeze, where it stays fine for months. Cost for this recipe, about 8 cents - you could use olive oil, instead for a healthier option.
- **Asparagus:** On sale often in our area for \$1.99 a bunch, in the spring we'll see it rarely for \$1.49 a pound. I love asparagus and try to think of ways to use it when it's in season and the prices are low. This is a vegetable I can't deal with frozen. You'll want to be aware of the size of the bunch - some stores portion it in 12 ounces and some 16 ounces. I paid \$1.99 for 12 ounces.
- **Onions:** They keep well, so try to buy on sale. Aldi is a good place to find reasonably priced onions. Always less expensive in the fall/winter months, the pricing in my area runs from 33 to 66 cents a pound. Store them in a dark, cool place but not near potatoes. If you've bought too many onions, don't let them go bad.
- Slice or dice them, saute and portion into ziplocs labeled "onions" and freeze. You've just saved yourself a step for next time you make a dish. If you have enough, consider making [French Onion Soup](#). If you use half an onion, consider if you can sauté the rest and put it in a Ziploc in the freezer. If not store in the door where you'll see it when you're cooking next. Cost about 10 cents.
- **Cheese:** Watch sales and coupons - I used basic store cheese here but you can go as high end as you'd like. Fontina would probably be my first choice here if price were no object. I look for a price of about a buck for 8 ounces, which is about 2 cups grated. This recipes calls for a cup, the cost is \$50.