

Strategies Used:

- **Vegetables:** I almost always have an array of vegetables in my fridge as I buy each week from what's on special. I also pick up my basic ones at Aldi - a discount store run by the same company as Trader Joe's. This dish practically screams "Farmer's Market," by the way. Buy what looks good and use what you like. If you don't want to make quite so much, use part of the eggplant and part of the zucchini and use the rest in the next day or two for another recipe.
- Eggplant is an item I rarely find on sale - I like the smaller ones, less seeds, and I don't pay so much attention to any blemishes on the outside - what's important is that they are firm and not showing any signs of shriveling. Zucchini and tomatoes definitely do go on sale - look for around 99 cents a pound for the tomatoes, and zucchini varies widely. If you know a gardener, you probably can get a supply - I don't know any gardener who plants "just" enough of this vegetable! Peppers are constantly on sale, and a great summer price is around 69 cents in my area for the red variety, and the normal sale price works out to less than a dollar. Watch these sales - peppers keep for a couple of weeks so there's no sense in paying full price. You'll want to know your per pound price and your per item price - a standard bell pepper weighs about five to six ounces.
- **Vinegar:** I do have a strategy for the basic store-bought vinegar - I buy around Easter (when I often find coupons and some of the lowest prices of the year) or I look for sporadic specials in the summer, when so many condiments are on sale. Vinegar is an item I often stock up on - I use splashes in soups and vegetables, marinades and salad dressings.
- **Olive Oil:** Yeah, I talk about olive oil all the time - probably gets repetitive. Here's my strategy for buying every day [olive oil](#) for cooking. I love olive oil, and I'm a little freakish about avoiding Trans Fat!
- **Anchovies:** I think so underused - yeah, they are ugly, frankly, but get over it - they lend a background flavor in so many recipes, and it never hurts to get that bit extra of your Omega 3's! Just use what you need from the jar (or the salt packed - cover with more salt if you need to and store in the fridge) and stash the rest in the fridge. They keep forever. I haven't used the paste, but if you regularly use anchovies, it might not be a bad option. Look for all of these items on sale during Lent, and sporadically in the summer.