

Strategies Applied:

- Mango:** Mango does go on sale, and I watch for a price of about 69 cents per mango, less expensive than a per pound price. I often find unadvertised specials in my area, so take a peek at them when you're meandering through the produce aisle. Cost: 69 cents.
- Cucumber:** These are on sale about every other week for about 50 cents each. Aldi is also a great place to find them for very little. They keep several weeks, so buy them on sale and use them up - the waxy skin on the outside should be scrubbed well if you plan on eating it. I used half, cost 25 cents.
- Bell Pepper:** There are two types of sales, per pound or per pepper. I usually look for the per pepper pricing; in my area it's generally cheaper - I'll then buy the biggest, most gorgeous ones I can find. The peppers are often bagged and sold by a unit price, too. A really good price in our area is about a fifty to seventy cents a pepper for the red, yellow or orange ones, and 40 to 75 cents for the green bell..cost 20 cents.
- Red Onion:** Red Onions do go on sale now and then, but store really well. I often look for them at Aldis. Even not on sale, a half an onion is about 20 cents. Peel your onions carefully, leaving as many layers intact as possible...most of the healthful nutrients (just like with many vegetables) lie just below the skin. I used part of the onion in the slaw, and priced it there. If I don't have an immediate use for my onion, I'll wrap the rest in plastic and place in the door of the fridge where I'll see it. Cost for 1/4 cup is about 5 cents.
- Vinegar:** I pick up a jug of white vinegar around Easter - often with a coupon, and often on an unadvertised sale. It keeps forever and is dirt cheap. The better vinegars are often on sale at Easter, and on sale with coupons sporadically through the summer. Many can be picked up at no cost or for just pennies. Stock up because great sales other times of the year are much less likely and vinegar is a component of so many recipes. Cost nominal
- Sugar:** Often on sale before any Holiday, especially at Thanksgiving, Christmas and Easter. I'm not a heavy year round baker, so I try to stock up at these times. You'll especially see the smaller bags on sale. A good price is \$1.49 to \$1.69 per pound, on sale, and often with a manufacturer's coupon or a store coupon. A teaspoon is about 2 cents.
- Limes:** I use often to add freshness to salsas, Mexican food and marinades from everything from chicken to steak. I rarely see on sale, but they're generally very inexpensive. Just like with lemon, I'll use every bit. See lemon for ideas on how to get more juice. Don't be concerned about the color of your limes - when you buy, pick up several and choose the heaviest ones. They'll be the juiciest. They often have a wax on the skin, so before zesting, go after

them with a “scrubbie.” I used a little lime in my dipping sauce for the Sweet Potato Fries, and part of it for this salad, cost 12 cents.