

- **Chicken:** I will always choose chicken on the bone over boneless skinless. I buy a lot of chicken breast when it's 99 cents a pound. I'll bring the chicken breasts home and [break them down](#) myself so that I have a number of packages of frozen boneless, skinless breasts in Ziplocs appropriate for a meal for the size of my family. I'll then make [Chicken Stock](#) with the bones and my vegetable parings.) I usually use the white meat, less cholesterol, but be careful to not over cook. Since I always trim my breasts to six ounces, four cost \$1.49
- **Olive Oil:** I have a whole strategy for buying [olive oil](#) - my cost for a quarter cup is about 48 cents. You could use less olive oil, but I think it's a great way to take advantage of the olive oil's high omega 3 count and it really is a "flavoring" for the dish as well as a way to cook it.
- **Pepperoni:** If I have a coupon from Hormel and it's on sale, I can often pick up pepperoni for free - if not, check Aldi, a 7 ounce bag will run about \$1.29 and I use about 1/3'd in this. I throw the rest in the freezer for pizza later. Cost 43 cents.
- **Garlic:** Runs around 59 to 99 cents a head in my area in the boxes. It can be a little tricky to discern the best prices because it can also be bought by the pound, and generally you'll pay less this way.
- **Bell Peppers:** These can vary in pricing depending on the color, and of course, are always cheapest in the summer. 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. When I saw peppers for \$1.29 a pound (score!) which worked out to 41 cents a pepper, I bought a ton and we indulged ourselves in all kinds of dishes for about two weeks! A more normal sales price is \$1.49 a pound, or about 47 cents a pepper (estimating peppers are about 5 ounces each.) Cost: \$1.23
- **Wine:** I very rarely buy expensive wine - but I do look for sales and discounts, especially in the fall and spring. (Get to know a couple of good shops and get on their email lists - I even have a favorite "wine guy" who always makes me look like a sophisticated genius. (I have to admit, sometimes if he's not there and I'm not in a hurry, I'll find out when the next day he's working is and come back!) I used 3/4 cup of Pino Grigio on sale for \$3.99 a bottle - about 60 cents.
- **Parsley:** I always have it in my garden, and every fall I'll bring a few select herbs inside in a pot for my kitchen table. The price of one plant is about the price of a bunch from the store! I don't even count any cost for it.
- **Rice:** Buy on sale, with a coupon – look for a price of about 8 cents a cup. I often find smaller packages, with a coupon are free. 1/2 cup is a serving, but we also use about 3/4 cup or so, which is about 1 1/2 cups before cooking. Cost 12 cents.