

## Strategies Applied:

- **Mushrooms:** They are often on sale at my grocery for about 1/2 price, especially around holidays. I pick them up when they run 89 to 99 cents a package. I've seen them at Aldi for about the same price. Unless I'm using mushrooms right away, I open the container, dump them out, making sure the bottom of the container is dry. I'll then poke a hole or two in the bottom, replace the mushrooms and loosely cover. Cost, a dollar.
- **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: 1 tablespoon, 8 cents.
- **Olive Oil:** I have a little strategy for buying [olive oil](#) – using coupons and sales to lower the price, so click on the link. I also look for new brands and stock up - heavy competition means that when a new brand comes to the store, it is often at a fantastic price for a few weeks, then settles in at around the same price as the others. I think it's important to use olive oil as opposed to many others – the health benefits outweigh a bit more extra cost, and it can be had at a very reasonable price. I also like the fact that Olive oil contains no hidden trans fats like Canola or Vegetable oil. Cost for this recipe: 8 cents.
- **Dijon:** I always pick up a lot of Dijon (and all my other condiments) during the [summer holidays](#) when condiments will reach their all time lows and coupons abound. A second chance always comes around during [Super Bowl week](#). We go through tons of Dijon because it's called for in so many recipes and I'll use it for vinaigrette, marinades and things like cole slaw. If I can't find a deal with a coupon, the store brands on sale are often a good value. (When I can't get any more out of my container, I add a little red or white wine vinegar and a bit of olive oil, salt and pepper and shake it for a quick salad dressing in the jar.) Cost for a smidge like this? Nominal.
- **Worcestershire:** The same strategies apply to Worcestershire as to the Dijon, and nearly all condiments.