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How Can I Fix A Plentiful Holiday Meal On A Lean Budget?

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ask A Specialist

A weekly question/answer column

How Can I Fix A Plentiful Holiday Meal On A Lean Budget?

Georgia Lauritzen answers:*

Even though you may be underfunded this time of year, it doesn't mean you have to be underfed. It is possible to fix appetizing, balanced meals on a lean budget.

- Turkey is a great buy during the holiday season if you are feeding a large group of people. A small family can dine on chicken priced at about 79 cents to $1.20 a pound.
- Potatoes are a healthy, inexpensive food to keep in stock. They can add variety to your table with many options for preparation such as boiling, baking, mashing and augratin. Powdered milk can be used in preparing the potatoes and is less expensive than milk from a carton.
- Vegetables, such as squash, are nutritious and inexpensive and make a good holiday dish.
- Pumpkins and apples are also plentiful and inexpensive this time of year and can be used in holiday desserts.
- Homemade rolls are not expensive but do take time. Another option is to purchase frozen dough. Watch for sales, since it can be frozen for up to several months. Stale or day-old bread mixed with celery and nuts makes a tasty dressing.

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* Georgia Lauritzen is Utah State University Extension Nutrition Specialist