

# Delightful Food Ideas

## Trimming The Fat From Grocery Costs

(NAPS)—A little prep work can keep rising food costs from eating into your family budget.

That's the advice from experts who say planning meals and shopping lists can save time and money. They offer tips such as organizing meals around weekly coupons, finding ways to spice up leftovers and talking with friends about meal ideas.

You can also use a free Web site to have weekly recipes—and their accompanying shopping lists—sent to your in-box. The service can help you organize your food budget as you serve up a variety of delicious dishes.

The Web site, called YouveGot Supper.com, e-mails members five entrée recipes and up to two side dishes every Thursday, along with a customized grocery list, organized by supermarket section to help save time. Members can also visit a recipe page and select dishes that can be added to the shopping list. Here's a look at one of its top recipes:

### Southwestern Grilled Chicken Salad

*Servings: 4. Prep Time: 15 min.  
Cook Time: 15-20 min.*

#### INGREDIENTS

**4 medium chicken breast halves, boneless skinless**  
**1 head hearts of romaine lettuce**  
**1 can corn, shoepeg, drained**  
**1 can black beans, drained**  
**1 red bell pepper, sliced**



**Food For Thought—A little planning can help cut weekly grocery costs.**

**1 cup cheddar cheese, cubed**  
**1 avocado, peeled and chopped**  
**½ cup ranch dressing**  
**¼ cup barbecue sauce**

#### DIRECTIONS

**1. Drizzle chicken with a little olive oil and season with salt and pepper. Grill chicken over medium-high heat for about 7-10 minutes per side. Let cool and slice.**

**2. Cut up lettuce and add remaining ingredients to salad.**

**3. Mix ranch dressing and barbecue sauce. Pour over salad and toss to coat.**

This is a great main-course salad to throw together with leftover chicken from the night before.

For more tips and recipes, visit [www.youvegotsupper.com](http://www.youvegotsupper.com).