

The Sandy Post

Home & Garden

Poultry dishes prove popular

Poultry dishes have become popular in today's lifestyle menus. Consider its mild flavor—chicken blends easily with a variety of tastes, from sweet and mild to savory and highly seasoned.

Compare prices—chicken continues to be an economical choice, even in these times of runaway inflation.

"Yogurt Sauced Chicken a L'Orange" turns a simple poultry dish into an exotic meal, perfect for entertain-

rind
 1/2 cup fresh orange juice
 2 tablespoons minced onion
 1 large clove garlic, minced or pressed
 1/2 tablespoon honey
 1/4 teaspoon ground cumin
 1/2 teaspoon ginger
 2 teaspoons cornstarch
 2 1/3 cup plain yogurt

Season chicken with salt and pepper. Heat oil in skillet over medium-high heat. Add chicken and brown for 6 minutes, turning to cook both sides. Stir in orange rind and juice, onion, garlic, honey, cumin and ginger. Cover and simmer 15 minutes or just until tender. (Do not overcook.) Transfer chicken to serving platter. Increase heat to high under pan juices and boil rapidly for 2 minutes to thicken.

Combine cornstarch and yogurt until smooth and stir into pan juices. Lower heat to medium and cook yogurt mixture until smooth and well blended, about 2 minutes. (Do not boil.) Pour off any juices that have collected under chicken on platter. Pour orange sauce over chicken. Garnish with peeled sliced oranges and mint, minced parsley or cilantro, if desired. Makes 4 servings.



Yogurt sauced chicken a l'orange

Yogurt Sauced Chicken a L'Orange
 2 whole chicken breasts, boned, skinned and split
 Salt and pepper
 1 tablespoon salad oil
 3/4 teaspoon grated orange

BURGLAR FIRE SECURITY ALARMS
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Sandy Sentry saves you more..

CHUCK ROAST USDA CHOICE BONELESS BEEF **\$1.68** LB.

CHUCK STEAK USDA CHOICE BONELESS **\$1.88** LB.

HILLSHIRE SAUSAGE SMOKED OR POLISH **\$2.28** LB.

GROUND BEEF LEAN, NOT TO EXCEED 25% FAT **\$1.58** LB.

RATH BACON **\$1.19** 12-OZ. PKG.

BONELESS PORK CHOPS WILSON'S WASTE FREE **\$2.98** LB.

JUMBO WIENERS **\$1.19** RATH, 1-lb. PKG.

NEW YORK STEAK **\$4.38**
 BONELESS STEW BEEF **\$1.98**
 BONELESS RATH HAM **\$3.28**
 FRYER LIVERS **89¢**
 PACIFIC RED SNAPPER **\$1.48**

GROUND BEEF NOT TO EXCEED 30% FAT CONTENT **99¢** LB.

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DELICATESSEN SELECTIONS
MEAT OR BEEF BOLOGNA BAR-S 12 OZ. PKG. **89¢**

HERE ARE JUST A FEW OF SENTRY'S CANNED FOOD SPECIALS

FRUIT COCKTAIL 16 OUNCE TIN WESTERN FAMILY HALF CASE (12) \$5.97 FULL CASE (24) \$11.89 FOR 2.99¢	MANDARIN ORANGES 11 OUNCE TIN WESTERN FAMILY HALF CASE (12) \$5.95 FULL CASE (24) \$11.79 FOR 2.99¢	SANTIAM CUT OR SLICED BEANS 16 OUNCE TIN HALF CASE (12) \$3.99 FULL CASE (24) \$7.89 FOR 3.99¢	GREEN BEANS 16 OUNCE TIN HALF CASE (12) \$3.99 FULL CASE (24) \$7.89 FOR 3.99¢	TOMATO JUICE 46 OUNCE TIN CASE OF 12 69¢
WALLA WALLA CUT ASPARAGUS SPEARS 14 1/2 OUNCE TIN HALF CASE (12) \$1.87 FULL CASE (24) \$23.09 FOR 99¢	TOMATO SAUCE 8 OUNCE TIN WESTERN FAMILY HALF CASE (30) \$7.09 FULL CASE (72) \$13.99 FOR 5.99¢	BUMBLE BEE OIL OR WATER CHUNK LIGHT TUNA 6 1/2 OUNCE TIN HALF CASE (24) \$18.59 FULL CASE (48) \$36.99 FOR 78¢	COTTAGE DOG OR CAT CANNED PET FOOD 15 1/2 OUNCE TIN CASE OF 24 \$4.79 FOR 5.99¢	CREAM OR WHOLE CORN WESTERN FAMILY 17 OZ. 1/2 CASE (12) \$4.99 CASE OF 24 2.88¢
PINEAPPLE IN JUICE WESTERN FAMILY 20 OZ. 1/2 CASE (12) \$8.59 CASE OF 24 59¢	PINEAPPLE JUICE WESTERN FAMILY 48 OUNCE CAN CASE OF 12 89¢	CANNED APPLE JUICE HOOD RIVER 48 OUNCE CASE OF 12 99¢	CLAM CHOWDER JAKE'S 15 OUNCE 1/2 CASE (12) \$10.99 CASE OF 24 88¢	TOMATO SOUP WESTERN FAMILY 10 OZ. 1/2 CASE (12) \$11.39 CASE OF 24 4.99¢
PEELED TOMATOES WESTERN FAMILY WHOLE 18 OZ. 1/2 CASE (12) \$5.59 CASE OF 24 2.99¢	TOMATO CATSUP WESTERN FAMILY 8 OUNCE 1/2 CASE (12) \$8.09 CASE OF 24 \$1.07			

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SCHILLING 4 OUNCE BLACK GROUND PEPPER \$1.19	KEN-LURATION DOG FOOD TENDER CHUNK 40 LB. \$13.99	ASST'D. BATHROOM, 200 CT. 3 OZ. DIXIE CUP REFILL \$2.09	NABISCO 12 OUNCE NILLA WAFERS 99¢
SUGAR SUBSTITUTE 7 1/3 OZ. SUGAR TWIN \$1.57	2000 FLUSHES 14 OUNCE BOWL CLEANER \$1.99	35 COUNT BONUS PACK DEODORANT KOTEX MINI NAPKINS \$2.39	PUSS & BOOTS, 12 OUNCE MOIST MEALS CAT FOOD 88¢
WILLY WAY, SNACKERS 3 MUGGERS FUN SIZE CANDIES 1 LB. \$2.39	CLING FREE, 54 SHEETS FABRIC SOFTENER \$2.69	REG. SUPER, DEODORANT, 30 CT. STAYFREE MAXI-PADS \$3.69	SPAM, REG. WITH CHEESE, 12 OUNCE LUNCHEON MEAT \$1.55

POTATO BUDS BETTY CROCKER MASHED, 13 1/4 OZ. **99¢**
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HACIENDA BURRITOS **39¢**

GLASS *PLUS REFILL 32 OZ. GLASS CLEANER **\$1.25**

BEEF STEW DINTY MOORE 40 OZ. **\$2.85**

NEW Winter hours — 6 a.m.-9 p.m. Daily

NABISCO HONEY MAID **GRAHAM CRACKERS** OR CINNAMON TREATS **79¢** EA.

FIRST TWO, 1 LB.

SUNKIST FIRST TWO **ORANGE JUICE** 12 OUNCE TIN **78¢** EA.

WESTERN FAMILY FIRST THREE **ENGLISH MUFFINS** REG., SOUR DOUGH, 6 PK., 14 OZ. **\$3.19** FOR

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Saver Shield Special
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Saver Shield Special
 CAMPBELL'S TOMATO SOUP **3/1¢** 10 1/2 OZ. TINS

Saver Shield Special
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Saver Shield Special
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Saver Shield Special
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Saver Shield Special
 MERLINO LONG SPAGHETTI **69¢** 2 LB. PACKAGE

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 WESTERN FAMILY CREAM CHEESE **1¢** 8 OZ. PKG.

Saver Shield Special
 CORONET 125 CT. GIANT ROLL PAPER TOWELS **2/29¢**

Saver Shield Special
 SHUR FLAVOR ICE CREAM **39¢** ASST'D. HALF GAL.

Saver Shield Special
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