

# FOOD SECTION

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Section II



## Tuna stir-fry in three delicious styles

Woks—those two-handed Chinese frying pans with the round bottoms—have us all going stir-fry crazy, but it's a marvelous madness. Wok cookery is as ancient as chopsticks, but a lot less formidable. It's convenient and utterly modern in its quick one-pot, stir-fry technique. And today, who couldn't use a little speed and less time at the kitchen range?

Our three stir-fry main dish wok recipes could win blue ribbons for speed. We've culled a trio of favorite cuisines—Chinese, Japanese, and Italian, applied the fast oriental stir-fry method—and used the most convenient food we could think of as the main ingredient, canned tuna in vegetable oil.

The light, unsaturated oil from the tuna is drained and used for frying, a boon to cholesterol-watchers. The ingredients in each of the three recipes are the kinds a lot of people keep on hand—celery, onion, soy sauce, garlic, some dried herbs and some vegetables, either fresh or

frozen. And one economical can (6½ or 7 ounces) of tuna in vegetable oil serves a couple with generous main dish portions.

With pasta, or rice, whichever is appropriate, you can have an interesting and special meal on the table in just a matter of minutes—and in any culture, eastern or western, that's no meager accomplishment. Enjoy!

### JAPANESE TUNA STIR-FRY

1 can (6½ or 7 oz.) tuna in vegetable oil  
1 cup sliced scallions  
1 clove garlic, minced  
1 package (10 oz.) frozen Japanese stir-fry vegetables  
2 tablespoons water  
1 tablespoon soy sauce  
1 teaspoon sugar  
2 tablespoons sesame seeds

Into large skillet or wok, drain excess oil from tuna. Add scallions and cook until tender. Add tuna and remaining ingredients. Cook, stir-

ring constantly, over moderately high heat until vegetables are crisp-tender. Serve over rice if desired. Yield: 2 servings.

### CHINESE TUNA STIR-FRY

1 can (6½ or 7 oz.) tuna in vegetable oil  
1 cup sliced mushrooms  
1 cup diagonally sliced celery  
½ cup chopped onion  
1 clove garlic, minced  
1 tablespoon chopped candied ginger (optional)  
¼ cup water  
1 package (10 oz.) frozen Chinese stir-fry vegetables  
2 tablespoons soy sauce  
1 tablespoon sherry  
¼ cup almonds or walnut halves

Into large skillet or wok drain excess oil from tuna. Add mushrooms, celery, onion, garlic and ginger; cook until tender. Add tuna and remaining ingredients. Cook, stirring constantly, over moderately high heat until vegetables are crisp-

tender. Serve over rice if desired. Yield: 2 servings.

### ITALIAN TUNA STIR-FRY

1 can (6½ or 7 oz.) tuna in vegetable oil  
½ cup chopped onion  
1 clove garlic, minced  
1 large tomato, peeled and cut in eights  
1 large zucchini, sliced  
½ cup sliced pitted ripe olives  
½ teaspoon salt  
¼ teaspoon dried leaf basil  
¼ teaspoon dried leaf oregano  
¼ cup grated Parmesan cheese

Into large skillet or wok, drain excess oil from tuna. Add onions and garlic; cook until tender. Stir in tuna, tomato, zucchini, olives, salt, basil and oregano. Cook, stirring constantly, over moderately high heat until zucchini is crisp-tender. Sprinkle with Parmesan cheese. Serve over pasta if desired. Yield: 2 servings.

Spicy Barbecue Turkey Wings and Ranch House Beans are part of a nutritious, economical fall menu.

## Bar-b-q'd turkey makes an economical picnic

Today's consumers are demanding much from the foods they buy. What they're asking for is quality, convenience, nutrition and overall good value for the food dollars they spend.

To meet the demands of alert shoppers, we've designed a menu that scores high on all counts. And the price tag to feed four is less than \$6.00.

Spicy Barbecue Turkey Wings take advantage of pre-packaged turkey parts—a good buy at local supermarkets. They're economical and portions are easy to estimate. Allow one wing, about one to one-and-a-half pounds each, per person.

The tangy barbecue sauce brushed on the turkey wings is based on already flavorful condensed tomato soup. Additions of onion, lemon juice, brown sugar, pickle relish and snappy seasonings produce a peppy basting sauce that is hard to beat both in terms of taste and cost.

Use this sauce to add flavor to other meats, too, such as spareribs or chicken. Like a spicier sauce? Vary the quantity of seasonings according to the family's preference. This recipe is moderately hot, but can be easily adjusted.

Cooked in a heavy pan on the stove-top, Spicy Barbecue Turkey Wings will serve four people for approximately \$1.00 a serving. Most of the cooking time is unattended, as the browned wings simmer in a pungent sauce based on condensed tomato soup.

To complement the barbecued turkey wings and satisfy hearty appetites, serve Ranch House Beans. This hefty combination of pork & beans, spiced with brown sugar, onion, mustard and a garnish of bacon, is rich in vegetable protein and relatively low in cost. An eight-ounce serving of pork & beans contains the following percentages

of the U.S. recommended Daily Allowance for these nutrients: Protein 15%, Vitamin A 4%, Thiamine 6%, Calcium 10% and Iron 15%.

To round out this robust menu, we've added coleslaw, corn muffins and fresh fruit.

### SPICY BARBECUE TURKEY WINGS

4 turkey wings (about 1 to 1½ lbs each)  
¼ cup shortening  
1 can (10½ oz.) condensed tomato soup  
½ cup chopped onion  
¼ cup lemon juice  
1 tablespoon brown sugar  
1 tablespoon sweet pickle relish  
1 tablespoon Worcestershire  
2 tablespoons prepared mustard  
1/8 teaspoon cayenne pepper  
Cooked rice

In large heavy pan, brown wings in shortening; pour off fat. Add remaining ingredients except rice. Cover; cook over low heat 1 hour 30 minutes or until done. Stir occasionally. Thicken if desired; serve with rice. Makes 4 servings. Cost: \$3.99; \$1.00 per serving.

### RANCH HOUSE BEANS

2 cans (16 oz. each) pork & beans in tomato sauce  
½ cup ketchup  
¼ cup brown sugar  
½ cup finely chopped onion  
1 tablespoon prepared mustard  
4 slices bacon, partially cooked

In 1½-quart casserole, combine all ingredients except bacon; top with bacon. Bake at 350°F. for 1 hour. Makes about 3½ cups, 4 to 6 servings.

**Surface Method:** In saucepan, combine ingredients. Heat; stir occasionally. Makes about 3½ cups. Cost \$1.62; \$.27-.40 per serving.



### Hormel Chili

Regular or Hot  
15-Ounce Can

**69¢**



### Cling Peaches

Scotch Buy Sliced  
or Halves, 29-oz.

**59¢**



### Chunk Tuna

Sea Trader, 6.5-oz. Can  
Oil or Water Pack

**79¢**



### Hash Browns

Chef-Reddy Frozen Suggested  
2-Pound Package Retail 73¢

**59¢**



### American Singles

Borden Cheese Food  
Single Sliced, 12-oz.

**\$1.59**



### Purex Bleach

Gallon Size 10¢ Off Label  
(White Magic Bleach, Gal. 65\*)

**69¢**



## SPRING SALE!



### Chuck Steak

Blade Cut,  
Safeway  
Quality Beef  
Chuck

Lb.

**\$1.18**

### Beef Arm Chuck Roast

Safeway Quality Beef Pot Roast

**\$1.58**

Lb.

### Old Faithful Sliced Bacon

Lean Streaked Bacon

**98¢**

12-oz. Pkg.

Scotch Buy Tomatoes Whole 16-oz. 2 for 99¢  
NuMade Mayonnaise 32-oz. 97¢  
Sandwich Bread Mrs. Wright's White or Wheat 32-oz. Loaf 79¢  
Lucerne Half & Half For Coffee or Cereal, Qt. 89¢  
6-Pack Pepsi Cola Reg. Diet, Light & Mt. Dew. 12-oz. Cans Plus Deposit \$1.69  
Plain Label Napkins Special Purchase Supplies Last 300-Count 99¢  
12-Pack Blitz Beer 12-oz. Cans Plus Dep. \$3.79

### Head Lettuce

Crisp California Iceberg

**59¢**

EACH



Prices Effective Wed., April 14 Thru Tues. April 20 At Safeway In the Portland Area.

RED DELICIOUS Apples  
Extra Fancy  
**39¢**



Lb.

Pink Coachella Grapefruit  
**5 for 99¢**



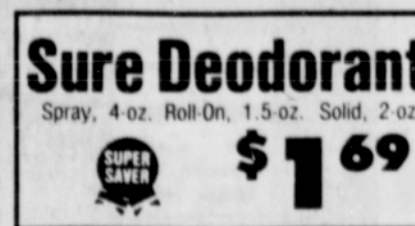
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### Toothpaste

Aim, 6.4-oz. . . 25¢ Off Label

**\$1.19**



### Sure Deodorant

Spray, 4-oz. Roll-On, 1.5-oz. Solid, 2-oz.

**\$1.69**



### Allerest

Allergy Tablets, 24-Count

**\$1.78**



### Flea Collars

Safeway For Your Cat or Dog

**\$1.99**



Everyone needs to save money on food. Friends and families are getting together to buy it by the case.

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