

4th of July: Fireworks, Food, & Fun!!

What's the first thing you think of for your Independence Day celebration? Barbecued chicken, right? Right! And corn-on-the-cob, right? Right! Well, this will offer the easiest, tastiest way to get it together, starting with your chicken. Mix up a sauce, starting with Open Pit barbecue sauce, and prepare your chicken for baking (no hassle when the crowd gathers), broiling or for on the grill. Add the corn, other fixings, (potato salad, watermelon, tall drinks), and the celebration's on. Enjoy!

ZESTY BARBECUED CHICKEN

- 1 cup Open Pit barbecue sauce, any flavor
 - 2 tablespoons brown sugar
 - 2 tablespoons lemon juice
 - 1 tablespoon Worcestershire sauce
 - 2 small garlic cloves crushed (optional)
 - 2 1/2 pounds frying chicken pieces
 - 2 tablespoons melted butter or margarine
- Combine barbecue sauce, sugar, lemon juice, Worcestershire sauce and garlic in bowl or measuring cup.

Place chicken, skin side up in shallow baking pan and brush with butter. Bake at 375° for about 45 minutes or until tender, basting frequently with sauce. For browner glaze, place in preheated broiler for about 5 minutes. Combine any remaining sauce with pan drippings; heat and serve with chicken. Makes 4 servings. Multiply recipe as needed.

CORN-ON-THE-COB

Allow 1-2 ears for each serving. In a large saucepan, place corn ears.

Cover with cold, salted water. Add a little milk to sweeten the corn. When the water boils, the corn is done.

HOT OR COLD POTATO SALAD

- 6 medium potatoes, scrubbed
- 4 slices bacon, diced
- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 1 dill pickle, chopped
- 1/4 cup water
- 1/2 teaspoon dry mustard
- 1/2 teaspoon sugar
- 1/2 cup vinegar

1/8 teaspoon paprika
Cook potatoes in boiling salted water until tender. Drain; peel. While still hot, cut into slices. Put in bowl; keep warm. Meantime, cook bacon in skillet for 4 minutes. Add onion, celery and pickle, saute until golden. Stir in remaining ingredients, bring to boil. Pour over potatoes; toss lightly.
Serve immediately for hot salad, or let the salad blend overnight in refrigerator (or several hours) and serve it cold. It's delicious either way. This recipe serves 6.

Shopping habits show change

The difference between food shopping habits today and those of yesterday lies more in kind of food purchased than in the amount purchased. The average American buys about 1400 pounds of food each year, about the same amount the average American bought 20 years ago.

"But people have changed in what they buy," says Tod Hamilton, Multnomah County Extension agent. "For example, 20 years ago average consumption of cheese was eight pounds per person per year. Now the cheese consumption level is up to almost 18 pounds per year. Pork and chicken consumption are also up. Fresh potatoes, coffee, and whole milk consumption on the other hand, have decreased.

"While the amount of sugar purchased by today's shoppers has decreased, the amount of corn sweeteners purchased has increased dramatically."

Margaret Bakke, Oregon State University Extension nutrition specialist, says that price seems to be the major reason for the changes in food buying habits. But lifestyle changes such as the number of working women and two income households, as well as the availability of different food products, have also had an effect.

Although food prices have continued to rise, Bakke notes that food costs have not put a burden on household budgets. In 1960, about 20 cents of each dollar of disposable income were spent for food. In 1980, the dollar share for food expenditures was slightly more than 16 cents.

Microwave Tips for Pork

Cooking pork in a microwave oven can be a unique problem because uneven heat radiation can occur.

When using a microwave oven to prepare pork, be sure the internal temperature reaches 170 degrees F. Pork must reach this temperature to destroy any micro-organisms that might be present.

Microwave ovens cook by exciting the water molecules in the food, explains Tod Hamilton, Multnomah County Extension agent. The variations in the distribution of water in the pork, the uneven energy distribution in microwave ovens and the potential energy blockage by bone may result in uneven cooking.

If the entire piece of meat doesn't reach a temperature of at least 170 degrees F., potentially dangerous trichinae microorganisms in the meat may not be killed, Ms. Hamilton says.

To assure a safe pork product, Margaret Bakke, Oregon State University Extension nutrition specialist suggests that microwave cooks follow owner's manual instructions for the microwave carefully. These include rotating the meat during cooking, and letting the pork sit for several minutes after cooking to assure a more uniform temperature distribution.

"The cook can increase the effectiveness of the 'equalization' time by wrapping the pork in foil after cooking," Bakke adds. After the pork sets for a few minutes, check various places in the roast with a meat thermometer. If any part of the chop or roast has not reached at least 170 degrees F., cook the meat more thoroughly.

4TH OF JULY SALE

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Whole Fryers
Manor House Grade "A" Arkansas Grown Fryers
58¢
Lb.

Premium Franks
Safeway Regular Or Beef Franks
1 Lb. Package
\$1.38

Top Sirloin
Safeway Quality Boneless Beef Steak To Broil Or Barbecue
\$3.68
Lb.



Watermelon
Sweet, Thumpin' Red Ripe Whole Melons
11¢
Lb.

Sweet Cantaloupe Lb. **29¢**
Honeydew Melons Lb. **29¢**




Baked Beans
B&M Brick Oven Baked
68¢
21-oz. Can




Potato Chips
Party Pride Regular Or Dippers
59¢
8-oz. Bag




Soda Pop
Cragmont Reg., Diet, 12-oz. Can
6.99¢
Plus Deposit for




Mayonnaise
NuMade Real Mayonnaise
99¢
Limit 1 32-oz. Jar

- Lucerne Sour Cream Smooth Texture 17 **69¢**
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- 8-Pak Pepsi Cola Reg. Diet Light Or Mtn Dew 16 oz. Btl. Plus Deposit **\$1.99**
- Steinfeld Pickles Sweet Chops Or Home Style 22 oz. **79¢**
- Valencia Olives Pitted Ripe. SPECIAL PURCHASE Limited Quantities **99¢**
- 50-Lb. Friskies Dog Food Dinner Beef or Sauce Cakes **\$9.99**
- 12-Pak Budweiser Beer or Bud Light 12 oz. Cans. Plus Dep **\$4.99**

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\$1.19



Kodak Film
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C 126 24
C 135 24
\$2.29



Fresh Bread
Mrs. Wright's White Or Wheat
79¢
32-oz. Loaf



2-Lb. Cheese
Lucerne Medium
\$3.99
2-Lb. Loaf

Prices Good Wed., June 30 Thru Tues., July 6 At Safeway In The Portland Area.