

FOOD SECTION

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Section II

Seafood casserole heads Southern menu



stir in flour. Cook over low heat 20 minutes or until flour brown, stirring occasionally. Add onion and green pepper; cook until tender. Gradually add broth, sherry and salt; cook until thickened, stirring constantly. Add artichokes, seafood, mushrooms, and 1/4 cup cheese; mix well. Spoon into 1 1/2 quart baking dish. Bake at 350°, 20 minutes. Sprinkle with remaining cheese; top with onions, continue baking 10 minutes. Makes 6 servings.

Variation: substitute 1 lb. fish fillets, cooked, cut into pieces, for seafood.

Microwave: Microwave margarine in 1 1/2-quart baking dish on High 1 minute. Blend in flour. Microwave 6 minutes or until mixture browns, stirring after each minute. Add onion and green pepper; microwave 6 minutes, stirring after 3 minutes. Gradually add broth, sherry and salt. Cover with waxed paper; microwave 3 to 4 minutes or until mixture boils and thickens, stirring after 2 minutes. Add other ingredients as directed. Microwave 4 to 6 minutes, stirring after 3 minutes. Sprinkle with remaining cheese; top with onions. Microwave 2 1/2 to 3 minutes.

GEORGIA APPLE BETTY

1 1/4 cups packed brown sugar
1 cup water
1/4 cup light corn syrup
1 tablespoon lemon juice
1 teaspoon cinnamon
4 cups chopped, peeled apples
4 cups whole wheat toast cubes
1/4 cup margarine, melted
Whipped topping with dairy ingredients, thawed

Combine 1 cup sugar, water, corn syrup, juice and cinnamon in large saucepan; bring to boil. Add apples; boil 5 minutes. Add toast cubes; mix

lightly until liquid is absorbed. Spoon into 1-quart casserole; press lightly. Sprinkle with remaining sugar; drizzle with margarine. Bake at 475°, 10 to 12 minutes or until top is crisp. Serve warm with whipped topping. Makes 6 to 8 servings.

Microwave: Combine 1 cup sugar, 1/2 cup water, corn syrup, juice and cinnamon in 1 1/2-quart casserole or bowl. Microwave on High 5 to 7 minutes or until full rolling boil, stirring after 4 minutes. Add apples; microwave 7 to 8 minutes or until apples are tender, stirring after 4 minutes.

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1 7/4-oz. pkg. macaroni and cheese dinner
2 cups ham cubes or cooked sausage pieces
1/2 cup chopped onion
2 tablespoons margarine
1 tablespoon flour
1 16-oz. can tomatoes
1/2 cup milk
2 eggs, beaten
Paprika

stand 10 minutes before serving. Makes 4 to 6 servings

ATLANTIC SEAFOOD
CASSEROLE

1/4 cup margarine
1/4 cup flour
1 cup chopped onion
1 cup chopped green pepper
1/2 cup chicken broth
1/4 cup dry sherry
1/4 teaspoon salt
1 14-oz. can artichoke hearts, drained, quartered
1 6-oz. pkg. frozen crabmeat, thawed, flaked
1 cup (5 oz.) cleaned cooked shrimp
1/2 lb. mushrooms, quartered
1/2 cup (2 oz.) grated parmesan cheese
1 cup canned French fried onions

Prepare dinner as directed on package. Add ham; mix lightly. Sauté onion in margarine. Stir in flour and tomatoes; stir over low heat until thickened. In 10x6-inch baking dish, layer half of macaroni mixture; top with tomato sauce and remaining macaroni mixture. Pour combined milk and eggs over mixture; sprinkle with paprika. Bake at 350°, 40 minutes or until set. Let

Melt margarine in large skillet;



SALTINES
FIRESIDE
Crackers
2 lb. **88¢**

Game Hen Breasts	Cornish	lb.	\$1.19
Cube Steaks	U.S.D.A. Choice Boneless Beef	lb.	\$2.69
Eye of Round Roast	U.S.D.A. Choice Boneless Beef	lb.	\$2.69
Cross Rib Roast	U.S.D.A. Choice Boneless Beef	lb.	\$2.29
Beef Chuck Roast	U.S.D.A. Choice Arm Cut	lb.	\$1.79
Veal Patties	On-Cor Breaded & Precooked	lb.	\$1.69
Rib-B-Q Pork	Pierre Sals (Like a Boneless Spare Rib With BBQ Sauce built-in)	12-oz. Pkg.	\$2.59
Sliced Meats	Land O' Frost 6 Varieties - Smoked	2.5-oz. Pkg.	39¢
Hot Dogs	Armour Jumbo (Beef Franks - 3128)	1-lb. Pkg.	\$1.18
Lunch Meats	Armour Sliced 8 Varieties	10-oz. to 12-oz. Pkg.	99¢
Burritos	Pinata Fresh 4 Varieties	5-oz. Pkg.	29¢
Tortillas	Pinata Fresh Flour, Snack Size	9-1/2-oz. Pkg.	29¢
Tortillas	Pinata Fresh Jalapeno	15-oz. Pkg.	39¢
Tortillas	Pinata Fresh Nacho/Cheese	15-oz. Pkg.	49¢
Beef Tamales	XLNT	12-oz. Pkg.	69¢
Pink Salmon	Whole or Half Roast Head Off - 4 to 6 lbs.	lb.	\$1.59
Fresh Trout		lb.	\$2.39



Applesauce
Seneca 100% Natural 45-Oz. **99¢**



3-Lb. Coffee
Maxwell House Regular Or Auto-Drip **\$5.38**



Spaghetti
Creamette 2-Pound Package **99¢**



Gold 'N Soft
Soft Margarine Convenient 1-Lb. Tub. **58¢**



69¢ Lb. **39¢ Lb.**
Pink Grapefruit 4 for \$1
Head Lettuce Crisp California Iceberg



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HILLSBORO - 960 S.E. Oak
FOREST GROVE - 1531 Pacific Ave.
PORTLAND - 74th and Glisan