

Peppered steak quick, delicious

When you think of quick and easy dinner entrees, do you also think of plain and simple? And dull and routine? This doesn't have to be the case as the recipe Quick 'n Easy Peppered Steaks proves. This entree can be made in minutes, yet will excite and delight the most discriminating palates.

Beef cubed steaks are the key to this recipe's speedy preparation for they cook in just three to four minutes per side. For easy flavor enhancement, the steaks are rubbed with garlic and freshly ground pepper is pressed into the surface before quickly browning in butter. The flavorful pan drippings are used to make a special sauce that's laced with brandy and features mushrooms and green onions.

You'll find cubed steaks not only easy to prepare, they are also easy to shop for because they are individually sized. Since the steaks do vary in size, you can select them to match individual appetites.

Cubed steaks will also help you stretch the budget for they are cut from less expensive sections of beef such as the round. Although these sections are naturally less tender, cubed steaks can be quickly cooked by dry heat methods for they have been mechanically tenderized. This is done by putting the steaks through a machine that cuts the muscle fiber and connective tissues with a series of blades, making them more tender and giving them a cubed appearance.

While the cook appreciates the speed of cubed steaks and the family enjoys their fine flavor, all will benefit from the nutrients they provide. Like all beef cuts, cubed steaks are an outstanding source of the high-quality protein needed daily by the body. Beef is also a good source of the B-vitamins thiamin, riboflavin, niacin, pantothenic acid,

pyridoxine and B-12 and the minerals iron and zinc.

QUICK 'N EASY PEPPERED STEAK

- 4 beef cubed steaks
- 1 clove garlic, cut in half
- ½ teaspoon freshly ground pepper
- 1 tablespoon butter
- ½ teaspoon salt
- 1 can (4 oz.) mushroom stems and pieces, drained
- ¼ cup brandy
- 2 tablespoons chopped green onion
- ¼ cup water
- 1 teaspoon cornstarch
- 2 tablespoons half and half

Rub both sides of cubed steaks with cut side of garlic; lightly press pepper into both sides of meat. Brown steaks, two at a time, in

butter in large frying pan to desired doneness (3 to 4 minutes per side). Season with salt. Remove steaks and keep warm. Add mushrooms, brandy and green onions to frying pan and cook 2 minutes, stirring occasionally. Combine water and cornstarch; add to brandy mixture and cook until thickened. Remove from heat and stir in half and half. Spoon sauce over meat. Makes 4 servings.

Since timing is an important factor when planning this meal, serve the cubed steaks with other hurry-up dishes. Instant rice is a good choice as are frozen peas or beans since they can be quickly cooked. For an easy salad, arrange tomato slices on lettuce rafts and serve with a favorite dressing. All are sure to enjoy chocolate sundaes for dessert.



Meeting explores nutrition program

You are invited to a meeting sponsored by the Oregon State Health Division to gather comments on the WIC Program. The meeting will be held in Portland on May 31, 1983 from 1:00 p.m. to 3:00 p.m. at the State Office Building, 1400 S.W. 5th, Room 510 (5th floor).

We want to have your suggestions on how we can improve WIC services and encourage comments from WIC participants, local WIC staff, community groups, agencies working with women and children, retailers and other interested people.

Your ideas will be used in the development of the 1984 WIC State Plan. The State Plan includes such areas as:

- plans for program outreach
- local agency application procedures
- funding formulas
- certification procedures
- WIC food package information
- fair hearing procedures

A copy of the current State Plan is available from the Oregon State Health Division on request.

If you are unable to attend the meeting, written comments may be sent to the WIC Program, Oregon State Health Division, P.O. Box 231, Portland, OR 97207 until June 10, 1983. Call the State WIC Program if you have questions about the meeting: in Portland 229-5697; from Salem 378-3131; all other areas 1-800-452-7813.

School Menu

- May 30
NO SCHOOL
- May 31
Turkey and Gravy
Whipped Potatoes
Celery Chunks with Peanut Butter
French Bread
Sliced Peaches
Milk
- June 1
Beef-Tomato Pizza
Carrot Coins with Ranch Dip
Pear Half
Honey Oatmeal Cookie
Milk
- June 2
Hot Chickenwich
Tater Triangle
Apple Half
Nibbles
Milk
- June 3
Fish 'N Tots
Tossed Salad with Italian Dressing
Warm Wheat Roll
Orange Half
Milk

Memorial Day Sale

corn-licious

These Golden, Milky, Well-Filled Coachella Valley Grown Ears Are So Sweet & Tender That "Corn-licious" Is The Only Way To Describe Them!

Sweet Springtime 18¢ Ea.

Jumbo Pink Grapefruit
Famous Coachella Valley Grown
4 for 99¢

No. 1 Baking Yams
Premium Jewell
5 Lbs. \$1

Saladette Tomatoes
Red Ripe Salad Perfect
Lb. 59¢

<p>Van Camp's Pork & Beans Always A Holiday Favorite 16 Ounce Can 3 \$1 Stock Up Buy A Case!</p>	<p>Town House Dill Pickles Whole Or Fresh Packed 46 Ounce Jar 98¢ Stock Up Buy A Case!</p>	<p>Chiffon Margarine Family Size Soft Margarine 1 Pound Tub 59¢ Stock Up Buy A Case!</p>	<p>SunKist Lemonade Frozen Concentrate 6 Ounce Can 5 \$1 Stock Up Buy A Case!</p>
--	--	--	---

Lay's Potato Chips	Frito Lay 8 Oz. Bag 98¢
Grapefruit Juice	Sunbright, Reg Or Pink, 46 Oz. 67¢
Pitted Olives	Valencia Small, 6 Ounce Can 79¢
Cheese Food	Kraft American Slices, 12 Ounce Package \$1.58

Camping Supplies

50-Quart Ice Chest
Perma Plastic Styrofoam Light Weight Chest
\$3.49
Not Available at all Safeways

Safeway Hibachi
Sizes 10" x 20" A Perfect Picnic Size To Take Along
\$7.99
Not Available at all Safeways

Igloo Playmate Ice Chest **\$1.499**
Blue Ice Soft Pack **99¢**
Safeway Briquet Lighter Fluid **\$1.49**
Bic Twin Pack Disposable Lighter **\$1.00**
Blue Action Pad **\$4.99**

Not Available at all Safeways

Not Available at all Safeways

Manor House Whole Fryers
U.S.D.A. Grade A, Plump, Tender Chickens Limit 6
54¢ Lb.

Armour Melosweet Boneless Ham
Fully Cooked Whole Hams Water Added To Assure Tenderness
\$1.29 Lb. (Halves Lb. \$1.39)

<p>Boneless Top Sirloin Safeway Quality Beef Steak \$3.28 Lb.</p>	<p>Dubuque Sliced Bacon A Great Breakfast Meat 12 Oz. Pkg \$1.18</p>	<p>Boneless Turkey Armour Golden Star 3.5 Lb. \$1.48 Lb.</p>
---	--	--

Sales Limited To Retail Quantities Only.
Price Effective 5/25 Thru 5/31/83 At Safeway In The Portland Area.

