

Slim down this Easter

To many people, Easter is the unofficial beginning of spring. Budding crocuses, the town's Easter parade, and crisp new springtime clothes all add to the holiday's excitement and spirit of revitalization.

If your holiday plans include having friends and family over for a traditional Easter dinner, you might try the festive holiday menu especially prepared by Weight Watchers: Serve a Roast Fresh Ham with Lemon-Honey Glaze, along with Creamy Mustard Potatoes (the "cream" is made from margarine and evaporated skimmed milk), a refreshing springtime mixed Vegetable Saute' and a tart-sweet Cabbage-Apple Slaw.

MIXED VEGETABLE SAUTE

1 tablespoon margarine
1 teaspoon vegetable oil
1 garlic clove, minced
4 cups diagonally sliced asparagus (1-1/2-inch-long pieces), blanched
2 cups diagonally sliced carrots (thin slices), blanched
2 cups frozen pearl onions, thawed
1 teaspoon salt
1/8 teaspoon ground nutmeg
Dash ground cinnamon
In 12-inch nonstick skillet melt margarine; add oil and heat. Add garlic and saute until golden (be

careful not to burn). Add vegetables and saute until tender-crisp; sprinkle with seasonings and stir to combine. Cook for 1 minute longer; serve hot.
Makes 8 servings.

CABBAGE-APPLE SLAW

2 small Red Delicious apples, cored and cut into bit-size pieces
2 teaspoons lemon juice
1/4 cup sliced scallions (green onions)
2 tablespoons plain low-fat yogurt
1 tablespoon plus 1 teaspoon

mayonnaise
2 teaspoons white vinegar
1 teaspoon salt
1/8 teaspoon each ground celery seed and white pepper
8 cups shredded cabbage

In large bowl toss apples with lemon juice; add remaining ingredients, except cabbage, and combine thoroughly. Add cabbage, tossing to coat with dressing; cover and refrigerate until chilled, at least 12 hours. Toss again just before serving.
Makes 8 servings.



LEMON HONEY HAM

ROAST FRESH HAM WITH LEMON-HONEY GLAZE

Use a 6- to 7- pound boneless fresh ham. Preheat oven to 325°F. Remove and discard any excess fat from ham. Sprinkle ham with 1 teaspoon salt and dash pepper; place on rack in a shallow roasting pan. If meat thermometer is to be used, insert in center of roast. Roast ham until thermometer registers 170°F., 3-1/2 to 4 hours; during the last half hour, brush with Lemon-Honey Glaze (see recipe below). Slice and weigh portions; serve 6 ounces sliced fresh ham per portion. Yields 4 to 5 pounds roast ham.

LEMON-HONEY GLAZE

1 tablespoon plus 1 teaspoon honey
2 teaspoons firmly packed brown sugar
1/2 cup unfermented apple cider (no sugar added)
2 to 3 whole cloves
2 tablespoons lemon juice

In small saucepan combine honey and sugar and heat until melted and bubbly; add cider and cloves and bring to a boil. Add lemon juice and continue cooking until some of the liquid evaporates and mixture becomes syrupy, about 5 minutes. Use to glaze ham as directed above.



Safeway Sausage	Whole Hog	1 Lb. Pkg.	\$1.68
Thick Sliced Bacon	West Virginia	11 1/2 Lb. Pkg.	\$2.98
Lean Ground Beef	Not To Exceed 23% Fat Content	Lb.	\$1.29
Pork Steaks	Shoulder Blade Cut Steaks	Lb.	\$1.29

Regular Ground Beef

Approximately 5-Lb. Roll
A Versatile Safeway Meat! **\$1.29 Lb.** No Limit

Shoulder Pork Roast

Safeway Quality Pork Butt But, Save 70¢ Per Lb. **\$1.18 Lb.** Buy What You Want, No Limit

CREAMY MUSTARD POTATOES

1 tablespoon plus 1 teaspoon margarine
2 tablespoons minced shallots or onion
1 tablespoon plus 1 teaspoon all-purpose flour
1/2 cup canned chicken broth
1 tablespoon Dijon-style mustard
1 cup evaporated skimmed milk
Dash to 1/8 teaspoon each salt and pepper
1-1/2 pounds boiled and peeled small white potatoes (hot)
1 tablespoon chopped fresh parsley

In small saucepan heat margarine until bubbly and hot; add shallots (or onion) and saute briefly. Sprinkle with flour and stir to combine; gradually stir in chicken broth. Add mustard and cook, stirring constantly, until mixture is thickened; add milk, salt, and pepper and bring to a boil. Remove from heat; add to potatoes and toss well to coat. Serve sprinkled with parsley.



Ice Cream

Snow Star, Half Gallon, Vanilla Only

99¢ No Limit



Corned Beef

Town House, 12-Ounce Can Case Of 24 \$23.49

99¢ No Limit



Blue Bonnet

New Soft Spread, 1-Pound Tub, Save 38¢ On 2

2\$1 For



8-Pack Pepsi

Reg., Diet, Free Or Mt. Dew, 16-Oz. Btls., Plus Dep.

\$1.99 No Limit



Quart Yogurt

Lucerne, 32-Oz. Plain Or Prestirred

99¢ No Limit



Meister Brau

12-Pack, 12-Ounce Cans, Plus Deposit

\$3.49 No Limit

Volunteers needed

Loaves and Fishes, a non-profit organization that provides hot nutritious meals to the needy and elderly, needs volunteer drivers for its Meals on Wheels program.

Volunteers pick up meals at centers located throughout the metropolitan area and deliver them to homes of clients during the noon hour. Drivers are needed to work one day a week and must use their own cars.

For more information call the Volunteer Bureau at 222-1355.

Host a student!

The Intercambio Cultural Exchange Program is again searching for families who could host a Mexican student for two months this summer. Usually Oregon families host 50 students each summer whose ages are 12-16 years. Host families provide room and board and a normal family life. The students wish to practice English and share an American family's culture. The host family must have a youngster approximately the same age as the student. Intercambio is a non-profit organization and is 25 years old. Contact the Oregon coordinator: Carol Bitz, 12586 S.E. Guilford Dr., Milwaukie, OR 97222. Phone: 654-0094 or call the U.S. coordinator 1-800-437-4170.



Fresh Tender Asparagus

79¢ Lb.

Fresh Tomatoes	Red Ripe Slicers	Lb.	69¢
Cantaloupe	Whole Melons	Lb.	59¢
In-Shell Walnuts	No. 1, Fresh	Lb.	69¢

Ritz Crackers
Orange Juice
Idaho Spuds
Vegetable Soup

Nabisco, 16-Oz. Box	\$1.49
Bel-air Refrig., Half Gallon	\$1.39
French's, 16-Ounce box	99¢
Campbell's, Veg. Or Reg., 10-Oz.	3 For \$1



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