

Low-salt dishes offer flavor, health

Hot and spicy low-salt main dishes are easy to prepare with a jar of no salt added spaghetti sauce and some favorite seasonings.

No salt added spaghetti sauce is a blessing for people who are watching their sodium intake. This zesty home-made-tasting sauce has a deft blend of herbs to heighten the flavor and take the place of salt in these exciting recipes.

Chicken stuffed peppers are a new, healthful version of a traditional American dish. Green peppers cooked tender-crisp are filled with a combination of spaghetti sauce, diced chicken, rice and corn. Onion and hot cayenne pepper add extra flavor zip. The final touch is low sodium swiss cheese melted on top of the stuffed peppers and a coating of sauce.

Roll your own low-salt meatballs. Spiced just right, meatballs are easy to prepare with no salt added spaghetti sauce, ground beef, bread crumbs, onion and hot pepper sauce. Shape into meatballs and brown in saucepan. Spoon off fat and simmer in spaghetti sauce, garlic and crushed red pepper. Serve over spaghetti with fresh Italian bread to sop up the spicily enticing sauce.

Making a low-sodium Swiss Pizza is as easy as pie and tastes as good as regular pizza. Use prepared pizza shells and spread them with no salt added spaghetti sauce. Cover generously with shredded low-sodium swiss cheese and top to taste with chopped green peppers, onions, sliced mushrooms, cooked ground pork or crushed red pepper flakes. Bake according to pizza package directions.

You'll agree, we think that the flavor is there even if the added salt isn't.

pepper. Spoon mixture into green peppers.

5. Bake at 400 deg. for 20 minutes or until hot. Top with remaining sauce and cheese. Bake 5 minutes more or until cheese begins to melt. Makes 4 servings.

NO SALT MEATBALLS

- 1 jar (31 1/2 ounces) no salt added spaghetti sauce (3 1/2 cups)
- 1 pound ground beef
- 1/4 cup fine dry bread crumbs
- 1/4 cup finely chopped onion
- 1 egg, slightly beaten
- 1/4 teaspoon hot pepper sauce

- 2 tablespoons salad oil
- 1/4 teaspoon crushed red pepper
- 1 medium clove garlic, minced
- Hot cooked spaghetti

1 Mix thoroughly 1/4 cup sauce, beef, bread crumbs, onion, egg and 1/8 teaspoon hot pepper sauce. Shape firmly into 24 meatballs (1-inch).

2. In 5-quart heavy pan over medium heat, in hot oil, cook meatballs until browned; spoon off fat.

3. Stir in remaining sauce and hot pepper sauce, garlic, and red pepper.

4. Reduce heat to low. Cover; simmer 20 minutes, stirring occasionally. Serve over spaghetti. Makes 4 cups or 4 servings.

SWISS PIZZA

- 1 jar (15 1/4 ounces) no salt added spaghetti sauce (1 1/4 cups)
- 2 frozen pizza shells (12 inch)
- 2 cups shredded low sodium swiss cheese (8 ounces)

1. Spread half of sauce over each pizza shell; top each with half of cheese.

2. Bake following pizza shell package directions. Makes 8 servings.

Pizza toppings: Top each pizza shell with one or more of the following before baking — chopped green pepper, chopped onion, sliced mushrooms, cooked ground pork, crushed red pepper flakes.



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Tender Number 1 Sweet Corn
From Coachella Valley
Save Up To 14¢ Each
19¢ Ea.

Rib Half Pork Loin
Fully Processed, Your Choice Of Chops Or Roast
Cut And Wrapped In One Single Pkg.
\$1.29 Pound

Hen Turkeys Grade "A" Natural Lb. **78¢**
MANOR HOUSE

Lucerne Premium Ice Cream
Half Gallon Container
Save Up To 70¢ Each
\$1.49 Each

Citrus Hill Select Orange Juice
12-Oz. Frozen Can
Save Up To \$1.00 Each
99¢ Ea.

Gregg's Gold-n-Soft Margarine
1-Pound Tub
Save Up To 40¢ Each
69¢ Ea.

Crest 6.4-Ounce Toothpaste
Reg., Mint Or Gel
Save Up To 38¢ Each
\$1.29 Each

CHICKEN STUFFED PEPPERS

- 4 medium green peppers
- 1 jar (15 1/4 ounces) no salt added spaghetti sauce (1 1/4 cups)
- 1 cup diced, cooked chicken
- 1 cup cooked rice
- 1/2 cup cooked whole kernel corn
- 1/4 cup finely chopped onion
- 1/8 teaspoon cayenne pepper
- 1/4 cup shredded low sodium swiss cheese

1. With sharp knife, cut thin slice from top of each green pepper; remove stem and seeds.

2. In 3-quart saucepan over medium heat, in 1-inch boiling water, heat green peppers to boiling. Reduce heat to low; cover. Simmer 5 minutes or until green peppers are tender-crisp. Drain.

3. In 1-quart casserole dish, arrange green peppers.

4. In medium bowl, combine 1 cup sauce, chicken, rice, corn, onion and

Free ride home at graduation

Portland area high school students have yet another choice to make this year at graduation time: whether or not they will ride home with a drunk driver or attempt to drive home intoxicated themselves.

To make this an easier choice, PIRD-Y Stroke Rehabilitation, Inc., a Portland stroke therapy company and Broadway Cab Co-op are sponsoring free cab rides home for graduating seniors and other students after prom and graduation festivities. The Free Ride Home program is in effect for any Friday or Saturday night throughout May and any night from June 1 - June 15 after any prom or graduation party or event.

Students can call the Free Ride Home hotline number, (503)226-7551 and a Broadway cab will pick them up and drive them home.

The PIRD-Y Stroke Rehabilitation Co. (pronounced "purdee"), in cooperation with the cab company, is sponsoring the free rides because of Eric Anderson, a 19-year-old victim of a June 2, 1984 drunk driving accident.

June 1st. & 2nd. Rose Festival Hot Balloon Classic!
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