

FOOD

The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to: www.foods@portlandobserver.com.

Vegetarian Lasagna

"This is a mouth tingling recipe with ricotta, feta, eggplant, tomato, pesto, pumpkin, Parmesan and mozzarella."



INGREDIENTS

- 2 cups peeled and diced pumpkin
- 1 eggplant, sliced into 1/2 inch rounds
- 5 tomatoes
- 1 pint ricotta cheese
- 9 ounces crumbled feta cheese
- 2/3 cup pesto
- 2 eggs, beaten
- Salt and pepper to taste
- 1 (15 ounce) can tomato sauce
- Fresh pasta sheets (Lasagna noodles)
- 1 1/3 cups shredded mozzarella cheese
- 1 cup grated Parmesan cheese

DIRECTIONS

1. Use a 10" X 13" Deep baking dish, preheat oven to 350 degrees F.
2. Place pumpkin on a baking sheet and roast in oven until browned and tender, about 30 minutes. Meanwhile, grill eggplant on a charcoal grill or fry in a skillet, turning once, until charred and tender, 10 to 15 minutes. Halve tomatoes and place on baking sheet in oven for last 15 minutes of pumpkin time; cook until tender and wrinkly.
3. In a medium bowl, stir together ricotta, feta, pesto, eggs, salt and pepper until well mixed. Fold roasted pumpkin into ricotta mixture.
4. Spoon half of the tomato sauce into a 9x13 baking dish. Lay two pasta sheets over the sauce. Arrange a single layer of eggplant slices over pasta and top with half the ricotta mixture. Cover with two more pasta sheets. Arrange the roasted tomatoes evenly over the sheets and spoon the remaining half the ricotta mixture over the tomatoes. Sprinkle with half the mozzarella. Top with remaining two sheets of pasta. Pour remaining tomato sauce over all and sprinkle with remaining mozzarella and Parmesan.

Roasted Pumpkin Seeds

Here is an easy recipe for roasting fresh pumpkin seeds.

INGREDIENTS

- 1 1/2 cups raw whole pumpkin seeds
- 2 teaspoons butter, melted
- 1 pinch salt

DIRECTIONS

1. Preheat oven to 300 degrees F.
2. Toss seeds in a bowl with the melted butter and salt.
3. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.



Jack-O-Lantern Brownie

Ingredients:

- 3/4 cup (1-1/2 sticks) butter or margarine, melted
- 1-1/2 cups sugar
- 1-1/2 teaspoons vanilla extract
- 3 eggs
- 3/4 cup all-purpose flour
- 1/2 cup Cocoa
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- Yellow and red food color
- 1 can (16 oz.) canned vanilla frosting
- Garnishes: Hershey's mini kisses, Twizzlers Nibs Licorice Bits, Twizzlers Pull-n-Peel, Heath English Toffee Bits, assorted Bake Shoppe items

Directions:

1. Heat oven to 350°F. Grease 12-inch round pizza pan. If using a disposable pan, place on baking sheet to bake.
2. Beat melted butter, sugar and vanilla with spoon in large bowl. Beat in eggs. Stir in dry ingredients; beat with spoon until well blended. Spread into pan.
3. Bake 20 to 22 minutes or until top springs back when touched lightly in center. Cool completely. Add yellow and red food color to frosting for desired shade of orange. Frost brownie; garnish to resemble a jack-o-lantern. 12 to 16 servings.



"This is a simple fun treat that children can help prepare. Sure to put a smile on your face."



Look for the circled prices in this ad and in store so you can...

save more on what you buy most.

Lean!

1.29 lb
CLUB PRICE

Lean Ground Beef
80% Lean 20% Fat.
5-lbs. or more per package.
SAVE up to \$1.70 lb.

59¢ lb
CLUB PRICE

Fresh Foster Farms Whole Chicken
Locally grown.
SAVE up to 90¢ lb.

1.69 lb
CLUB PRICE

Assorted Loin Pork Chops
Bone-in.
SAVE up to 80¢ lb.

9.99 ea
CLUB PRICE

Captain's Choice Shrimp Rings
32-oz. With sauce.
SAVE up to \$5.00 ea.

10 FOR \$10
CLUB PRICE

Red Seedless Grapes
Club Price: \$1.00 lb.
SAVE up to \$1.99 lb.

10 FOR \$10
CLUB PRICE

Large Hass Avocados
Club Price: \$1.00 ea.
SAVE up to 79¢ ea.

10 FOR \$10
CLUB PRICE

Fresh Express Salads
9 to 12-oz. package.
Selected varieties.
Club Price: \$1.00 ea.
SAVE up to \$1.99 ea.

It's All Treats This Halloween!

Buy 6 bottles or more and your price per bottle:

8.99

Kendall Jackson, Toasted Head or Chateau St Jean
750-ml. bottle.
Selected varieties.

4.99

Lucerne Shredded or Chunk Cheese
32-oz.
Selected varieties.
SAVE up to \$2.30

2.50 for

Safeway SELECT Ice Cream
1.75-qt.
Selected varieties.
Club Price: \$2.50 ea.
SAVE up to \$2.98 on 2

BUY ONE, GET ONE FREE
EQUIVALENT VALUE FREE

Tostitos Tortilla Chips
9 to 13.5-oz.
Selected varieties.
SAVE up to \$3.49 on 2

79¢

2 Liter Go2 Cola
Safeway varieties.
Plus deposit in Oregon.
SAVE up to 70¢

13.99

24-Pack Coors or Miller
12-oz. cans or 30-pack Miller Lite.
Selected varieties.
Plus deposit in Oregon.
SAVE up to \$5.54

Subscribe! 503-288-0033
Fill Out & Send To:

The Portland Observer

Attn: Subscriptions, PO Box 3137, Portland OR 97208
subscriptions are just \$60 per year
(please include check with this subscription form)

NAME: _____
TELEPHONE: _____ ADDRESS: _____

or email subscriptions@portlandobserver.com

SAFeway COUPON

Fun Size Snickers Candy
11.9-oz. While Supplies Last. Limit 1.
With Minimum \$10 purchase.
Regular price \$1.88 without coupon.

99¢

WITH CARD AND COUPON

This coupon must be presented at time of purchase. One offer per person. One coupon per customer. Valid 10/25/06 thru 10/31/06. COUPON CANNOT BE DOUBLED.

SAFeway COUPON

ONE WEEK ONLY!
October 25 thru October 31

3.99 with card and coupon

Duracell CopperTop Batteries
AA or AAA 8-ct.
C or D 4-ct. 9 Volt 2-ct.
Limit 1.
With Minimum \$10 Purchase

SAFeway COUPON

ONE WEEK ONLY!
October 25 thru October 31

1.99 with card and coupon

Red Baron Thin Crust Pizza
Or Pizzeria Style Pizza.
19 to 31.65-oz. Selected varieties. Limit 1.
With Minimum \$10 Purchase

SAFeway COUPON

ONE WEEK ONLY!
October 25 thru October 31

77¢ with card and coupon

Safeway Apple Juice
Selected varieties.
Limit 1 with Minimum \$10 Purchase

Shop at Home. We Deliver. **safeway.com**

OCTOBER
WED THU FRI SAT SUN MON TUE
25 26 27 28 29 30 31

Prices good thru October 31 with your Safeway Club Card.

Items & prices in this ad are available at your local Safeway stores. No sales to dealers, restaurants or institutions. Sales in retail quantities only. Quantities of some items may be limited and subject to availability. Not responsible for typographical or pictorial errors. We reserve the right to correct all printed errors. On Buy One, Get One Free ("BOGO") offers, customer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. Manufacturers' coupons may be used on purchased items only - not on free items. ©2006 Safeway Stores, Inc.