To make life easier for meal preparations, the 'Food Section' will present an assortment of hearty, healthy and user-friendly winter and holiday recipes. For recipe requests or suggestions contact: SharonS@portlandobserver.com Subject: Food Section

FOOD

Black History Month ~ Community Recipe Collection

To honor Black History Month and Submission Requirements: torical photo, include information generations.

The 'Black History Month ~ Com- • Include a brief timeline of when of February.

the heritage of 'our' community, • Recipes must be legibly printed the Portland Observer respectfully or typed with a photo of the prerequests family recipes that have pared dish. As a substitute you been passed down through the may use an old or historical family photo relating to the recipe.

munity Recipe Collection' will be and where the recipe originated and published throughout the month how and who passed the recipe to you. Note: If using a family or his-

relating to the photo.

Submission Deadline: February 1, 2007

SharonS@portlandobserver.com Subject: Recipes ~ Black History Month

Mail: The Portland Observer Attn: Recipes ~ Black History Month 4747 MLK Blvd. Portland, OR 97211

SAFEWAY ()

GASOLINE

* The Portland Observer reserves the right to print or reprint recipe and photo submissions at our discretion.



Tastes just like the real thing, especially with vanilla ice cream

Easy Apple Pie Calzone

Ingredients

- 1/2 of a 15-ounce package (1 crust) folded refrigerated, unbaked pie crust
- · 1-1/2 cups thinly sliced, peeled cooking apples
- 3 tablespoons water
- · 1 teaspoon lemon juice
- 1/4 cup packed brown sugar
- · 1 tablespoon all-purpose flour · 1/4 teaspoon ground cinnamon
- · Dash ground allspice
- · 1 tablespoon margarine or butter
- · 1 teaspoon milk
- · 1 teaspoon granulated sugar • Vanilla ice cream (optional)

Directions

age directions.

tablespoons water and lemon juice. Bring just to boiling. Reare tender. Combine the brown sugar, flour, cinnamon and all-Cook and stir until thickened for 15 to 20 minutes.

3. Unfold pie crust. Place on a servings.

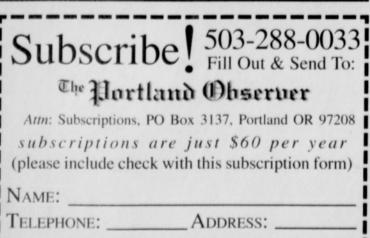
1. Let pie crust stand at room lightly greased baking sheet. temperature according to pack- Spoon apple mixture evenly over half of crust to within 1/2 inch of 2. Meanwhile, in a medium edge. Moisten edges of dough saucepan combine apples, three with water. Fold dough in half over filling. Seal by pressing with tines of a fork. Flute edges, duce heat. Cover and simmer if desired. Cut slits in top. Brush about five minutes or until apples with milk; sprinkle with the granulated sugar.

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Signature

4. Bake in a 375 degree F. oven spice; stir into apple mixture. for 25 to 30 minutes or until golden. Serve warm or cool. and bubbly. Remove from heat; Cut into wedges to serve with a stir in margarine or butter. Cool scoop of vanilla ice cream, if desired. Makes three to five





or email subscriptions@portlandobserver.com





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