

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments and/or family recipes you would like to share with us. Address emails to foods@portlandobserver.com

FOOD



Greek Antipasto

"This can be either a very tasty appetizer or a light lunch."

Ingredients

- 1-(4 oz.) pkg. crumbled Feta cheese with lemon, garlic & oregano
- 1/2-cup chopped olives
- 1/2-cup chopped red onion
- 1/2-cup chopped roasted red peppers
- 1/2-cup Greek vinaigrette dressing
- 2-Tbs. grated lemon peel
- 1-French bread baguette (#12")
- 2-Tbs. chopped Italian parsley

Directions

1. Combine feta, olives, onions and peppers in medium bowl. Add dressing and lemon peel; mix well. Cover. Refrigerate at least 1 hour or up to 24 hours prior to usage.
2. Preheat broiler. Cut baguette into 48 (1/4"-thick) slices. Place in single layer in baking pans or on rack of broiler pan. Broil 1 to 2 minutes, on each side or until lightly toasted on both sides.
3. Add parsley to feta mixture; mix lightly. Spoon 1-Tbs. of the feta mixture onto each toast slice just before serving.

Crunchy Bacon Coleslaw

"This side dish is delicious with grilled fish and cornbread."



Ingredients

- 1/2-cup Miracle Whip
- 1-Tbs. sugar
- 1-tsp. cider vinegar
- 4-cups shredded green cabbage
- 1-cup shredded red cabbage
- 1/2-cup chopped salted peanuts
- 4-slices bacon, crisply cooked, crumbled

Directions

1. Mix dressing, sugar and vinegar in large bowl.
2. Add remaining ingredients; mix lightly. Refrigerate 1 hour or until ready to serve.

Layered Nana-Nutter Treats



"The proof really is in the pudding. This easily prepared treat is delicious!"

Ingredients

- 2-cups cold milk
 - 1-small box chocolate flavored instant pudding*
 - 1/2-cup peanut butter
 - 1-medium banana, chopped (about 3/4 cup)
 - 1/2-cup cocktail peanuts
- (* Substitute Vanilla instant pudding if desired)

Directions

1. Pour milk into medium bowl. Add dry pudding mix. Beat with wire whisk 2 minutes or until well blended. Add peanut butter; beat until well blended.
2. Spoon evenly into six individual serving cups, alternating layers of pudding mixture with layers of bananas and peanuts.
3. Refrigerate at least 1 hour prior to serving.

Slammin' Summertime Salmon



"Summer is for salmon on the grill! This sensational salmon marinade combines honey, lime, garlic and cilantro for slammin' summertime salmon."

Ingredients

- 1-bunch cilantro leaves, chopped
- 2-cloves garlic, chopped
- 2-cups honey
- Juice from 1 lime
- 4-salmon steaks
- Salt & pepper to taste

Directions

1. In a medium saucepan over medium heat, stir together cilantro, garlic, honey and limejuice. Heat until the honey is easily stirred, about 5 minutes. Remove from heat and let cool slightly.
2. Place salmon steaks in a baking dish and season with salt & pepper. Pour marinade over salmon, cover and refrigerate 10 minutes.
3. Preheat an outdoor grill for high heat.
4. Lightly oil grill grate. Place salmon steaks on grill, cook 5 minutes on each side or until fish are easily flaked with a fork.

Ingredients for life. SAFEWAY

1.99 lb
CLUB PRICE
Rancher's Reserve Angus Beef Bottom Round Roast
Boneless.
SAVE up to \$2.70 lb.

1.49 lb
CLUB PRICE
Lean! Lean Ground Beef
80% Lean, 20% Fat.
SAVE up to \$1.50 lb.

10 FOR \$10
CLUB PRICE
On the Vine Tomatoes
Clusters.
Club Price: \$1.00 lb.
SAVE up to \$1.99 lb.

1.29 lb
CLUB PRICE
Fresh Split Chicken Breast Halves
Safeway Grade A
SAVE up to 70¢ lb.

4.99 lb
CLUB PRICE
Medium Raw Shrimp
\$1 to 60-ct. Shell-on.
Frozen/thawed.

10 FOR \$10
CLUB PRICE
Fresh Express Salads
9 to 12-oz. package.
Selected varieties.
Club Price: \$1.00 ea.
SAVE up to \$1.79 ea.

2.93 lbs
CLUB PRICE
Fresh Crisp Asparagus
Standard or large size.
Club Price: \$1.50 lb.
SAVE up to \$3.99 on 2 lbs.

Stock up, Save Big!

10 FOR \$10

Mix and Match
see store for details

2.99 lb
CLUB PRICE
Wild!
Wild Alaskan Pollock Fillets
Frozen/thawed.
SAVE up to \$1.00 lb.

4.99 lb
CLUB PRICE
Alaskan Snow Crab Clusters
Cooked. Frozen/thawed.
SAVE up to \$4.00 lb.

7.99 lb
CLUB PRICE
Wild Alaskan Sockeye Salmon Fillets
Extreme value package, 2-lbs. or more.
Smaller size package, \$6.49 lb.
Frozen/thawed.

2.77 for
CLUB PRICE
12-Pack, 8-Pack or 6-Pack
Coca-Cola
12-oz. cans, bottles or 16.9-oz. bottles. Selected varieties.
Club Price: \$3.50 ea.
Plus deposit in Oregon.
SAVE up to \$1.50 on 2

10.55 for
CLUB PRICE
Yoplait Yogurt
4 to 6-oz.
Selected varieties.
Club Price: 50¢ ea.
SAVE up to \$5.00 on 10

BUY ONE, GET ONE FREE
CLUB PRICE
Breyers All Natural Ice Cream
1.75-qt.
Selected varieties.
SAVE up to \$5.69 on 2

BUY ONE, GET ONE FREE
CLUB PRICE
Doritos
Tortilla Chips
13-oz.
Selected varieties.
SAVE up to \$3.49 on 2

5.10 for
CLUB PRICE
Healthy Choice Meals
6 to 12.3-oz.
Selected varieties.
Club Price: \$2.00 ea.
SAVE up to \$8.95 on 5

7.99 for
CLUB PRICE
Clos Du Bois, Columbia Crest or Korbel
750-ml.
Selected varieties.
SAVE up to \$5.12

6.99 for
CLUB PRICE
CapriSun Variety Pack
40/6.75-oz. pouches.
SAVE up to \$1.00

4.55 for
CLUB PRICE
Safeway Variety Breads
Selected sizes and varieties.
Club Price: \$1.25 ea.
SAVE up to \$2.96 on 4

88¢ can
CLUB PRICE
Chicken of the Sea Solid White Tuna
6-oz. Albacore in water.
Limit 6. SAVE up to 99¢

APRIL-MAY

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