

FOOD

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



This original creation is a delicious blend of spring flavors!

Delicious Apple Strawberry Spinach Salad

Salad Ingredients

- 1-pound fresh spinach, cleaned and torn
- 2-cups chopped unpeeled Granny Smith apples
- 3/4-cup fresh bean sprouts
- 1/2-cup sliced fresh strawberries
- 1/4-cup crumbled cooked bacon

Dressing Ingredients

- 3/4-cup vegetable oil
- 1/3-cup white wine vinegar
- 1-small onion, grated
- 1/2-cup sugar
- 2-tsp. Worcestershire sauce
- 2-tsp. salt

Directions

1. In a large salad bowl, combine the first five ingredients.
2. In a small bowl, whisk together all dressing ingredients.
3. Just before serving, pour dressing over salad and toss.

Foil Wrapped Apricot Chicken

- 4 boneless, skinless chicken breast halves (or thighs)
- 1 teaspoon paprika
- Salt and pepper
- 2 tablespoons apricot preserves
- 1 tablespoon Dijon mustard or horseradish
- Preheat oven to 400 degrees F.
- Have ready 4 (12-inch square) pieces of aluminum foil.

DIRECTIONS: Place 1 piece of chicken on each piece of foil. Sprinkle each piece of chicken with paprika, salt and pepper. Divide apricot preserves and mustard among the breasts and spread the preserves and mustard around to mix them up on top of the breasts. Fold foil to tightly enclose the chicken. Place in oven and bake for 20 minutes or until chicken is cooked through. *Serves 4*

Baked Apples Stuffed with Raisins

- 4 green Granny Smith apples
- 1/2 c sultanas (not golden raisins)
- 1/3 c sugar
- 1 tsp ground cinnamon

DIRECTIONS: Remove the cores of apples such that the apples are intact with a tube-like hole right through the center. Keep the skins of the apples. Mix the sugar, raisins & cinnamon together. Stuff this raisin mixture into the cored apples in the tube-like hole. Compact well and wrap each whole apple in aluminum foil paper. Throw into embers at campfire. Wait 8 to 10 minutes, then remove foil and serve.

Cherry Fudge Goodies

- 1 Box fudge brownie mix
- 1 1/2 c Shredded Coconut
- 1 1/2 c Candied cherries, chopped
- 2 tb Cherry flavoring oil
- 1 c Chopped walnuts
- powdered Sugar
- shortening

DIRECTIONS: Follow brownie mix directions/recipe on box. Add coconut, 3/4 C walnuts, flavoring oil and cherries. Blend well. Pour batter into greased Dutch Oven or covered baking pan. Add coals five on top, seven under (350) Bake until knife comes out clean. Top with remaining walnuts and sprinkle with the powdered sugar. Let cool. Cut into squares.

Oriental Chicken Grill

- 1/2 cup orange juice
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 1 teaspoon lemon-pepper seasoning
- 1 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 2 boneless skinless chicken breast halves

DIRECTIONS: In a small bowl, combine and mix first six ingredients. Set aside 1/4 cup for basting. Put chicken and the rest of mixture into a resealable plastic bag. Put in fridge overnight. Next day drain & discard the mixture. Grill chicken over medium heat. Baste several times with reserved marinade. Serve on rolls with your favorites - lettuce, tomato, etc

Roasted Potato Salad

- 4 cups small red potatoes, unpeeled and quartered
- 1 cup Miracle Whip
- 4 slices crisp bacon, crumbled
- 2 hard-cooked eggs, chopped
- 1/4 cup green onions, sliced
- 1/4 cup red onions, sliced
- salt and pepper, to taste

DIRECTIONS: Preheat oven to 425 degrees F. Place potatoes on a baking pan coated with cooking spray. (When camping, roast potatoes over open fire!) Bake 30-35 minutes or until tender and golden brown, stirring occasionally. Mix together Miracle Whip, bacon, eggs, onions, salt and pepper in a large bowl. Add roasted potatoes and mix lightly. Serve warm or chilled. *Servings: 6*

Orange Cup Cinnamon Rolls

- 4 Oranges
- 1 Can of biscuits
- Cinnamon
- Powdered Sugar
- little bit of milk

DIRECTIONS: Cut 1/3 of the orange off and scrape pulp from the insides of both pieces. Take 1 biscuit and mash out. Sprinkle a little powdered sugar and cinnamon and layer with another biscuit and repeat. Roll up the layered biscuits and put into the hollowed orange. Add about a tablespoon of powdered sugar on top and a teaspoon of milk. Replace top and wrap in tin foil. Place in coal of fire for about 30 minutes. Remove, unwrap, pull top off and out pops a delicious cinnamon roll with a hint of orange.

SAFEWAY

Ingredients for life.

1.49 lb
CLUB PRICE

Great grilling
Lean Ground Beef
80% Lean 20% Fat.
SAVE up to \$1.50 lb.

1.99 lb
CLUB PRICE

Great grilling
Pork Sirloin Chops
Boneless.
SAVE up to \$2.00 lb.

2.99 lb
CLUB PRICE

Rancher's Reserve
Angus Beef Bottom Round Roast
Boneless.
SAVE up to \$1.80 lb.

9.99 lb
CLUB PRICE

Fresh!
Halibut Steaks
Or Fresh Halibut Fillets \$10.99 lb.
Weather permitting.
SAVE up to \$4.00 lb.

10 FOR \$10
CLUB PRICE

Red Seedless Grapes
Club Price: \$1.00 lb.
SAVE up to \$1.99 on 1 lb.

BUY ONE, GET ONE FREE
CLUB PRICE

Organics® Salads
5-oz. packages.
Selected varieties.
SAVE up to \$3.79 on 2

2 \$1 lbs
CLUB PRICE

Cantaloupe or Organic Cantaloupe
Club Price: \$0.6 lb.
SAVE up to \$2.18 on 2 lbs.

It's heeere.
Summer at Safeway.

Signature Sandwiches
Build-A-Combo

2.29 EVERYDAY LOW PRICE

Dairy Glen Milk
Gallon, Whole, 2%, 1%, or Fat Free.

2 for \$5 CLUB PRICE

Kellogg's Cereals
12 to 25.5-oz. Selected varieties.
Club Price: \$2.50 ea.
SAVE up to \$3.38 on 2

Get 2 FREE SLURP'S UP Movie Tickets

See Weekly Insert

99¢ CLUB PRICE

Kraft Salad Dressing
16-oz. Selected varieties.
Limit 4.
SAVE up to \$2.40

2 for \$3 CLUB PRICE

Safeway Variety Breads
Selected sizes and varieties.
Club Price: \$1.50 ea.
SAVE up to 98¢ on 2

11.99

18-Pack Bud, Miller or Coors
12-oz. cans
Selected varieties.
Plus deposit in Oregon.
SAVE up to \$3.70

5.49 WITH CARD & COUPON

Build-A-Combo

Includes:
• Your choice of sandwich
• 32 oz. fountain drink
• Your choice of side

2 for \$9 CLUB PRICE

Safeway SELECT Softly Bath Tissue
12 Double, 24 Single or 8 Triple Roll
Club Price: \$4.50 ea.
SAVE up to \$4.88 on 2

50% OFF CLUB PRICE

Barilla Pasta or Classico Pasta Sauce
12 to 16-oz. Pasta or 16 to 26-oz. Pasta Sauce.
Selected varieties.

FREE CLUB PRICE

Nabisco Chips Ahoy! or Honey Maid Graham Crackers
10 to 16-oz. Selected varieties.
SAVE up to \$3.99 on 2

10¢ OFF PER GALLON OF GASOLINE

Every time you spend \$50 at your Safeway store with your Club Card in a single transaction.

Gift Card Mall
Great gifts made simple.
Shop all your favorite retailers here.

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. ©2007 Safeway Stores, Inc.