

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

Flower Power Mini-Cupcakes



Ingredients

- 1- box prepared white or lemon cakemix
- 1/3 cup Marigold petals
- 1/3 to 1/2 cup snipped Marigold leaves
- 1- box Butter Cream Frosting Recipe (listed below)
- Note: Rinse petals and leaves in cold water, drain on paper towel and chill to keep fresh.

These 'blooming beauties' are a sweet treat!

Directions

1. Preheat oven to 350F. Line 1-3/4-inch muffin cuppan with paper baking cups; set aside.
2. Prepare cake mix according to package directions. Fill each cup two-thirds full with batter (scant tablespoon per cup). Bake 10 to 12 minutes or until a wooden toothpick inserted in the centers comes out clean.
3. Remove cupcakes to wire rack. Cool completely. Frost with the butter cream frosting. Top with marigold leaves and blossoms. Makes about 32 cupcakes.

Butter Cream Frosting

Ingredients

- 1/3 cup softened butter
- 3 cups powdered sugar
- 2-6 Tbs. milk
- 1 tsp. vanilla extract

Directions

In medium mixing bowl beat 1/3 cup softened butter until smooth. Gradually add 1 cup powdered sugar, beating well. Slowly beat in 2 tablespoons milk and 1 teaspoon vanilla. Gradually beat in 2 cups powdered sugar, adding additional milk as necessary to reach spreading consistency. If desired, tint with yellow food coloring. Makes 1-1/3 cups frosting.



Red potatoes, green beans, broccoli, and carrots are enveloped in a ranch dressing for this Confetti Potato Salad.

Confetti Potato Salad

Ingredients

- 1-1/2 pounds small round red potatoes
- 1 cup fresh green beans cut into 2-inch-long pieces
- 2 cups broccoli and/or cauliflower florets
- 1/2 cup coarsely shredded carrot
- 1/2 cup bottles reduced-calorie ranch salad dressing
- 1/4 tsp. ground black pepper
- Fat-free milk (optional)
- Salt to taste

Directions

1. Cut potatoes into 1/2-inch cubes. Place potatoes in a large saucepan; add water to cover.
2. Bring to boil; reduce heat. Cover and simmer 5-7 minutes or just until tender. Drain well; cool.
3. In a small saucepan, bring about 2 cups water to boiling. Add green beans; return to boiling. Cover and cook for 3 minutes. Drain; rinse with cold water.
4. In a very large bowl, combine potatoes, green beans, broccoli and/or cauliflower, and carrot. Add salad dressing, pepper and salt to taste, toss to coat. Cover and chill for 4 to 24 hours. If necessary, stir in enough milk to reach desired consistency. Serves: 8

Chicken & Firecracker Barbecue Sauce

Ingredients

- 1/4 cup chipotle peppers in adobo sauce (see directions below)
- Nonstick cooking spray
- 1/3 cup finely chopped onion
- 3 cloves garlic; minced
- 1 cup ketchup
- 3 Tbs. white wine vinegar
- 3 Tbs. full-flavored molasses or sorghum
- 1 Tbs. Worcestershire sauce
- 6 skinless, boneless chicken breast halves



Savor the 'BANG' of this sizzling spicy sauce!

Directions

1. For sauce, remove any stems from chipotle peppers. Place peppers and adobo sauce in a blender. Cover and blend until smooth. Set aside.
2. Lightly coat an unheated medium saucepan with nonstick cooking spray. Cook onion and garlic in saucepan until tender. Stir in chipotle pepper mixture, ketchup, vinegar, molasses, and Worcestershire sauce. Bring to boiling. Reduce heat and simmer, uncovered, about 10 minutes or until sauce is slightly thickened.
3. For a charcoal grill, grill chicken on the rack of an uncovered grill directly over medium coals for 12-15 minutes or until chicken is no longer pink, turning once halfway through grilling and brushing with sauce during the last 5 minutes of grilling. (For a gas grill, preheat grill. Reduce to medium. Place chicken on grill rack over heat. Cover and grill as above.) Bring remaining sauce to boiling; serve remaining sauce with chicken. Makes 6 servings.

Italian Market Pasta Salad



A simple salad of mesclun greens, sweet grape tomatoes, blue cheese, pine nuts and pasta is better than the sum of its parts.

Ingredients

- 4 ounce packaged dry mafalda, large bow tie, or campanelle pasta
- 6 cups mesclun or other seasonal greens
- 1 cup grape or cherry tomatoes, halved lengthwise
- 1/2 cup crumbled Gorgonzola, blue, or feta cheese crumbles (2 ounces)
- 3 Tbs. olive oil
- 3 Tbs. white wine vinegar or Balsamic vinegar
- Salt and freshly ground black pepper
- 1/4 cup pine nuts, toasted

Directions

1. If using mafalda, break into irregular pieces, 2 to 3-inches long. Cook pasta according to package directions. Drain, rinse with cold water and drain again.
2. In a large salad bowl, combine cooked pasta, mesclun or other seasonal greens, tomatoes, and cheese. Drizzle with olive oil and vinegar, tossing to coat. Season to taste with salt and freshly ground black pepper.
3. Divide salad evenly among four dinner plates. Sprinkle with pine nuts.

Ingredients for life. SAFEWAY

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TENDER ANGUS

4.99
lb
CLUB PRICE

Rancher's Reserve Angus Beef New York Strip Steak
Bone-in.
SAVE up to \$5.00 lb.

Signature Family Size
Max 14 Chunks
26-oz.

3.99
lb

EXTREME VALUE

Lean

1.49
lb
CLUB PRICE

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

EXTREME VALUE

2.99
ea
CLUB PRICE

Hermiston Whole Seeded or Seedless Watermelon
SAVE up to \$4.00 ea.

Locally GROWN

Rancher's Reserve

1.99
lb
CLUB PRICE

Rancher's Reserve Angus Beef Bottom Round Roast
Boneless.
SAVE up to \$3.10 lb.

EXTREME VALUE

50% OFF

Medium Cooked Shrimp
2-lb. bag only. 51 to 60-ct.
Random weight. \$5.99 lb.
Tail-on. Frozen/thawed.
SAVE up to 7.49 lb. on 2 lbs.

EXTREME VALUE

2.4
for
CLUB PRICE

Fresh Express Salad Blends
5 to 12-oz. packages. Selected varieties. Club Price: \$2.00 ea.
SAVE up to \$2.58 on 2

EXTREME VALUE

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ea
CLUB PRICE

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4-lb. clamshell.
SAVE up to \$5.00 ea.

EXTREME VALUE

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Petite Sea Scallops
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for
CLUB PRICE

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ERATH

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ITEMS \$10
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16-oz. Dressing. Selected varieties. Or 6-oz. Tuna. Club Price: \$1.00 ea.
SAVE up to \$24.90 on 10

10.5
for
CLUB PRICE

Yoplait Yogurt
4 to 6-oz. Selected varieties. Club Price: 50¢ ea.
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BUY ONE, GET ONE FREE
CLUB PRICE

Dreyer's Grand Ice Cream
1.75-qt. Selected varieties.
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2.4
for
CLUB PRICE

Tostitos Tortilla Chips
9 to 13.5-oz. Selected varieties. Club Price: \$2.00 ea.

2.3
for
CLUB PRICE

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

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for
CLUB PRICE

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Selected varieties. Plus deposit in Oregon. SAVE up to \$9.00

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ONE WEEK ONLY!

Offer valid Wednesday, July 25 thru Tuesday, July 31. Minimum \$10 Purchase.

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July 25 thru July 31

Must Buy 4

4 for \$6
with card and coupon

12-Pack Safeway Soda
12-oz. cans. Selected varieties. Plus deposit in Oregon. Limit 1 purchase of 4. With Minimum \$10 Purchase.

SUPER COUPONS!

This coupon must be presented at time of purchase. One offer per coupon. One coupon per customer. Valid 7/25/07 thru 7/31/07. COUPON CANNOT BE DOUBLED.

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SAFEWAY COUPON
ONE WEEK ONLY!
July 25 thru July 31

Must Buy 1

98¢
with card and coupon

Safeway Apple Juice
4-lb. 100% Juice. Limit 1. With Minimum \$10 Purchase.

SUPER COUPONS!

This coupon must be presented at time of purchase. One offer per coupon. One coupon per customer. Valid 7/25/07 thru 7/31/07. COUPON CANNOT BE DOUBLED.

0 00000 0891 2

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ONE WEEK ONLY!
July 25 thru July 31

Must Buy 2

2 for \$7
with card and coupon

Refresh Water
14-pk. 1.5-l. With Minimum \$10 Purchase.

SUPER COUPONS!

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