

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

THIS WEEK:

Brown-Bag & Lunch Box Recipes

FOOD



Salmon Salad Pita Pockets

"Love pita fillings for lunchbox, this is a good one! (Calories 244)"

Ingredients

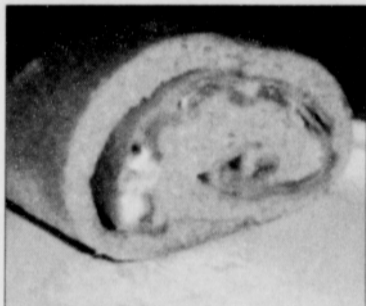
- 2-(7.25-oz.) cans salmon, drained
- 2 Tbs. light mayonnaise
- 2 Tbs. light sour cream
- 4 tsp. chopped fresh dill or 1/4-tsp. dried dill weed
- 1 Tbs. lemon juice
- 1 pinch cayenne pepper
- 2 pita breads
- 4 lettuce leaves
- 1 (3-inch) English cucumber, sliced
- 1 cup alfalfa sprouts (optional)

Directions

In bowl, stir together salmon, mayonnaise, sour cream, dill, lemon juice and pepper. Cut each pita in half and open to form pocket, line with 1 lettuce leaf and stuff with in a quarter of the salmon mixture, cucumber and sprouts, if using.

Ham and Swiss Stromboli

"This recipe is very quick to prepare and kids love it! I add ranch dressing for additional flavor. I use real bacon bits to save time. Substitute the cheese for one of your favorites and add eggs for breakfast-on-the-go."



Ingredients

- 1 (11-oz.) package refrigerated French bread dough
- 6-oz. thinly sliced deli ham
- 6 green onions, sliced (optional)
- 8 slices bacon, cooked and crumbled
- 1-1/2 cups shredded Swiss cheese
- 2-4 Tbs. ranch dressing (optional)

Directions

1. Unroll dough on a lightly greased baking sheet. Place ham on dough, don't go all the way to the edge, leave about a 1/4 to 1/2 inch; spread Ranch Dressing over the ham; sprinkle evenly with onions, bacon and cheese. Roll up jelly-roll style, start with the long side. Pinch edges to seal and tuck the ends under. Place the seam side down on the baking sheet.
2. Cut several slits on top of the loaf (about 1/4 in deep). Bake at 350 for 26-30 minutes until golden brown. Cool a bit before slicing.

Cheesy Apple Breakfast Quesadillas

"Make-ahead breakfast treat the kids can grab and microwave or eat cold on the way to school."



Ingredients

- 6 large flour tortillas
- 1 cup shredded Colby-Monterey jack cheese
- 6 Tbs. sour cream
- 2 Tbs. cinnamon sugar
- 3/4-cup chopped apples
- 3 Tbs. butter

Directions

1. Spread each flour tortillas with 1 tablespoon sour cream; sprinkle with 1 teaspoon cinnamon sugar.
2. Top one tortilla 1/3 cup cheese, 1/4 cup chopped apple and second tortilla.
3. For each serving, melt 1 table-
4. spoon butter in a large skillet, brown quesadilla.
5. 1 minute on each side or until lightly browned, carefully turning over tortilla. Cut into wedges. Serve with sour cream, if desired.

Honey Milk Balls

"This is an great no-bake treat. My dad's mom taught him to make these when just a little kid. Excellent served with a tall cold glass of milk!"



Ingredients

- 1 cup oats
- 1 cup powdered milk
- 1/2-cup peanut butter
- 1/2-honey

Directions

1. Mix all ingredients until evenly combined with clean hands (kids hands work best.)
2. This will be sticky, but worth it!
3. Form into 1-inch balls. Remember these are no bake!
4. Serve immediately if able, but can be stored in an airtight container for later.
5. Glass of milk required for a delicious treat.
6. It is recommended that children under two not be served honey.

No Bake Energy Bars



"This simple and easy energy bar has only 226 calories."

Ingredients

- 1-1/2 cups rolled oats
- 1/2 cup wheat germ
- 1/2 cup oat bran
- 1/2 cup instant dry milk or protein powder
- 1 cup peanut butter
- 1/2 cup dried cranberries (optional)
- 1/2 cup chopped nuts (optional)
- 1 cup chocolate chips (optional)
- 1/2 cup light corn syrup
- 1/2 cup honey

Directions

1. Mix everything together and spread into a greased pan (I use 9x13 for thick bars, but for thinner more snack sized bars use bigger) and chill then cut into bars.
- If you add the optional ingredients you may need to add more liquid binder.*

Ingredients for life..



Rancher's Reserve Angus Beef Ribeye Steak
Bone-in.
SAVE up to \$5.60 lb.
Signature Matched Sweet Potatoes 2 1/2-oz. package. 3.99 lb. CLUB PRICE

Pork Spareribs
Frozen. Only sold in a 10-lb. box @ \$9.90 ea.
SAVE up to \$16.00 on 10 lbs.

4-lb. Red or Green Seedless Grapes
SAVE up to \$5.00 ea.
3.99 ea. CLUB PRICE

Safeway Chicken Thighs or Drumsticks
Fresh, Grade A.
SAVE up to 40¢ lb.
79¢ lb. CLUB PRICE

Fresh Alaskan Coho Salmon Fillets
Weather permitting.
SAVE up to \$4.00 lb.
6.99 lb. CLUB PRICE

Sweet Oregon Grown Yellow or White Corn
Club Price 25¢ ea.
SAVE up to 41¢ ea.
8 for \$2 CLUB PRICE

Ready Pac or SELECT Medley Salads
4.99 to 12-oz. package.
Selected varieties.
SAVE up to \$3.29 on 2
BUY ONE, GET ONE FREE CLUB PRICE

Labor Day Savings
Everything you need for your weekend celebrations. All at special holiday prices.

Cool Buys for 88¢
Club Price

Lay's Kettle Potato Chips
8 to 9-oz. Selected varieties.
Club Price: \$2.00 ea.
SAVE up to \$1.99 on 2
2 for \$4 CLUB PRICE

Best Foods Mayonnaise
24 to 30-oz. Selected varieties.
Limit 3.
SAVE up to \$1.77
1.88 CLUB PRICE

Dreyer's Grand Ice Cream
1.75-qt. Selected varieties.
SAVE up to \$6.49 on 2
BUY ONE, GET ONE FREE CLUB PRICE

Propel Fitness Water
700-ml. Selected varieties.
Sobe 20-oz. SoBe or SoBe Lifewater. Selected varieties.

12-Pack Coca-Cola, Pepsi or 7-UP
12-oz. cans. Selected varieties.
Plus deposit in Oregon.
SAVE up to \$10.98 on 4
BUY TWO, GET 2 FREE CLUB PRICE

Nabisco Snack Crackers or Teddy Grahams
7 to 10-oz. Selected varieties.
Limit 3.
SAVE up to \$5.19 on 3
3 for \$4.98 CLUB PRICE

30-Pack Budweiser or Miller
Or 24-pack Coors. 12-oz. cans. Selected varieties.
Plus deposit in Oregon.
SAVE up to \$8.00
15.99 CLUB PRICE

ONE WEEK ONLY!
Offer valid Wednesday, August 29 thru Tuesday, September 4. Minimum \$10 Purchase.

SAFeway COUPON
ONE WEEK ONLY!
August 29 thru September 4
Must buy 2
2 for \$3
with card and coupon
Doritos Tortilla Chips
13-oz. Selected varieties.
Limit 1 purchase of 2.
With minimum \$10 purchase.

SAFeway COUPON
ONE WEEK ONLY!
August 29 thru September 4
Must buy 2
2 for \$4
with card and coupon
Hillshire Farm Smoked Sausage or Links
14 to 16-oz. Selected varieties.
Limit 1 purchase of 2. With minimum \$10 purchase.

SAFeway COUPON
ONE WEEK ONLY!
August 29 thru September 4
99¢
with card and coupon
Kraft American Singles
12-oz. Selected varieties.
Limit 1. With minimum \$10 purchase.

WED THUR FRI SAT SUN MON TUES
29 30 31 1 2 3 4
Prices good thru September 4 with your Safeway Club Card

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in this ad and in-store.

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