

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](mailto:www.foods@portlandobserver.com)

# FOOD



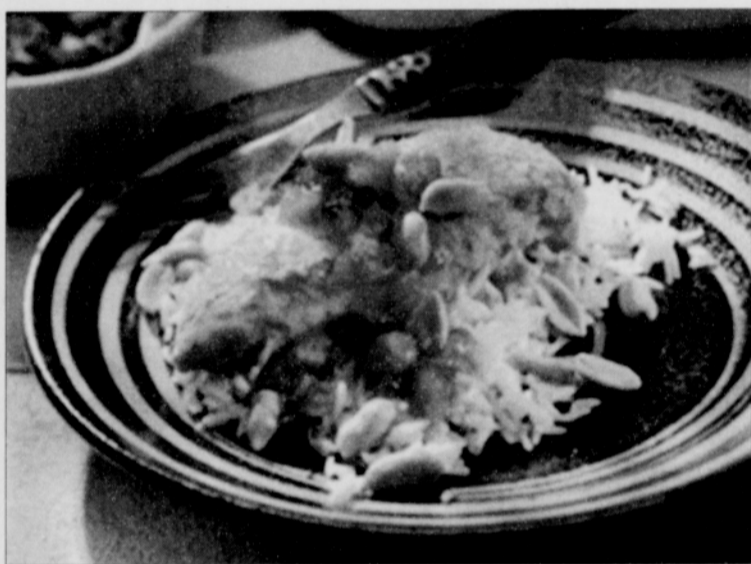
## One-Pan Potato-Pepper Chicken

### Ingredients

- 1 Tbs. olive, canola or soybean oil
- 8 medium unpeeled red potatoes, thinly sliced
- 1-lb. boneless skinless chicken breast, cut into thin strips
- 1 medium red bell pepper, cut into thin strips
- 1 clove fresh garlic, finely chopped
- Salt and Pepper to taste

### Directions

1. Spray 12-inch skillet with cooking spray. Add oil and heat over medium heat. Add potatoes, chicken, bell pepper and garlic to skillet. Salt and pepper, to taste.
2. Cook 20 to 25 minutes, stirring frequently, cook until chicken is no longer pink and potatoes are tender.



## Tandoori Chicken

"All of the exotic, warm flavors of India can be made easily right in your own kitchen. Serve with rice and mango chutney for added nirvana! This simple but yet exotically-delicious dish only has 170 calories per serving (yields 4 servings)."

### Ingredients

- 1/4 tsp. water
- 1/8 tsp. ground mustard
- 1/2 cup plain fat-free yogurt
- 2 Tbs. lemon juice
- 3/4 tsp. paprika
- 1/4 tsp. ground cardamom
- 1/4 tsp. salt
- 1/8 tsp. ground ginger
- 1/4 tsp. ground cumin
- 1/4 tsp. crushed red pepper flakes
- 1/8 tsp. pepper
- 1 clove garlic, finely chopped
- 4- boneless skinless chicken breasts (about 1-1/4 lbs.)
- Lemon slices (if desired)

### Directions

1. In a small bowl, mix water and mustard; stir in remaining ingredients except chicken and lemon slices. Place chicken in shallow glass or plastic bowl. Pour marinade mixture over chicken; turn to coat with marinade. Cover; refrigerate at least 12 hours but no longer than 24 hours.
2. Heat oven to 375F. Remove chicken from marinade; discard marinade. Place chicken in ungreased 13x9-inch (3-quart) glass baking dish. Bake about 45 minutes or until the juice from chicken is clear when center of thickest part is cut.
3. Garnish with lemon slices, if desired. Serve over rice topped with mango chutney, if desired.

## Grenadian Spice Cake



"This recipe hails from Grenada-and would be a grand finishing touch to your favorite Caribbean or spicy meal. Dust with confectioners' sugar and serve with fresh fruits of the season."

### INGREDIENTS

- 2 cups sifted all-purpose flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 1 1/2 cups white sugar
- 1 cup unsalted butter -chilled, cut into tablespoon-size pieces
- 1 1/2 teaspoons grated lime zest
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 3 eggs
- 1/2 cup milk

### DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan. Sift together the flour, baking powder and salt, set aside.
2. In a medium bowl, cream together the sugar and butter. Beat in the eggs one at a time, then stir in the lime zest, nutmeg, cinnamon and allspice. Add the dry ingredients alternately with the milk, stirring after each addition. Pour batter into the prepared pan.
- Bake for 75 to 90 minutes in the preheated oven, until a toothpick inserted comes out clean. Cool in the pan for 10 minutes before turning out onto a rack to cool completely.

"This healthy and delicious recipe has only 490 calories per serving and is sure to please the meat and potato crowd at the table."

**Subscribe!** 503-288-0033 The Portland Observer  
 Fill Out & Send To: Attn: Subscriptions, PO Box 3137, Portland OR 97208  
 subscriptions are just \$60 per year (please include check with this subscription form)  
 NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 or email [subscriptions@portlandobserver.com](mailto:subscriptions@portlandobserver.com)

# Ingredients for life. SAFEWAY

**4.99** lb CLUB PRICE  
**Rancher's Reserve Angus Beef New York Strip Steak**  
 Bone-in. SAVE up to \$5.00 lb.  
Signature Creamy Mashed Potatoes \$3.99

**50% OFF**  
**Rancher's Reserve Angus Beef Top Round London Broil**  
 Boneless. SAVE up to \$2.30 lb.

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

**1.99** lb CLUB PRICE  
**Fresh Asparagus**  
 SAVE up to \$3.00 lb.

**1.99** lb CLUB PRICE  
**Boneless Whole Pork Loin**  
 Sold whole in the bag. SAVE up to \$3.80 lb.

**10¢ OFF**  
**Tree Sweetened Large Yellow Peaches**  
 Northwest Grown! Club Price: \$1.00 lb. SAVE up to \$1.49 lb.

**10¢ OFF**  
**Large Hass Avocados**  
 Imported. Club Price: \$1.00 ea. SAVE up to 99¢ ea.

## Call of the Wild.

From the icy waters of Alaska, try all-natural cod fillets, salmon fillets or halibut steaks.

*Pure Catch*

### Organic Savings

Enjoy over 250 O Organics™ items throughout the store.

- 2 for \$5** O Organics™ Salads 5-oz. package. Selected varieties. Club Price: \$2.50 ea.
- 2 for \$3** O Organics™ Mini Carrots 9-oz. package. Club Price: \$1.50 ea.
- 8.99** lb O Organics™ Fresh Boneless Skinless Chicken Breast EVERYDAY LOW PRICE
- 2 for \$5** 12-Pack Pepsi Fridge Mates 12-oz. Cans. Selected varieties. Plus deposit in Oregon. SAVE up to \$10.98 on 4
- 2 for \$5** General Mills Cereals 11.25 to 20.25-oz. Selected varieties. Club Price: \$2.50 ea. SAVE up to \$4.98 on 2
- 25% OFF** Liquid Laundry Detergent Sale
- Buy One, Get One FREE** Breyer's All Natural Ice Cream 1.75-oz. Selected varieties. SAVE up to \$6.49 on 2
- 5 for \$10** Healthy Choice Complete Selections 10 to 12.3-oz. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$7.45 on 5
- 15.99** 24-Pack Bud, Miller or Coors 12-oz. cans. Selected varieties. Plus deposit in Oregon. SAVE up to \$4.00

### ONE WEEK ONLY!

Offer valid Wednesday, September 12 thru Tuesday, September 18. Minimum \$10 Purchase.

SAFEMAY COUPON	SAFEMAY COUPON	SAFEMAY COUPON
<b>ONE WEEK ONLY!</b> September 12 thru September 18 Must buy 2 <b>2 for \$3</b> with card and coupon Lay's or Wavy Lay's Potato Chips 1.75-oz. Selected varieties. Limit 1 purchase of 2. With Minimum \$10 Purchase.	<b>ONE WEEK ONLY!</b> September 12 thru September 18 with card and coupon <b>4.99</b> Lucerne Shredded or Chunk Cheese 22 oz. Selected varieties. Limit 1 with Minimum \$10 Purchase.	<b>ONE WEEK ONLY!</b> September 12 thru September 18 with card and coupon <b>99¢</b> Nature Valley Granola Bars or Betty Crocker Fruit Snacks 1.9-oz. bars or 2.5-oz. fruit snacks. Selected varieties. Limit 1 with Minimum \$10 Purchase.

**SEPTEMBER**  
 WED THUR FRI SAT SUN MON TUES  
 12 13 14 15 16 17 18  
 Prices good thru September 18 with your Safeway Club Card.

**save more** on what you buy most. **Look for the circled prices** in this ad and in-store.

**Great gifts made simple.** Shop all your favorite retailers here. Products may not be available in all stores. See gift cards for details, terms and conditions, which may vary.

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.