

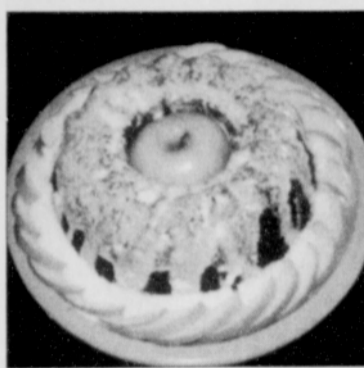
FOOD



Apples

Autumn means apples! They're healthy favorites great for snacking, juicing and cooking!

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



Amazing Apple Cake

"This is a moist and wonderful apple cake; and it is absolutely delicious!"

INGREDIENTS

- 1 1/4 cups white sugar
- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking soda
- 2 eggs
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup chopped walnuts
- 5 1/2 cups chopped apples

DIRECTIONS

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a medium bowl, stir together the sugar, flour, cinnamon, and baking soda. Add the eggs, oil and vanilla, mix well. Add the nuts and apple, mix until all of the apples are evenly coated. Pour into a 9x9 inch pan.
3. Bake for 45 to 50 minutes in the preheated oven. Serve warm or cool.

Apple Fritters

"This is an old Southern recipe. My Grammy taught me to make these when I was a little girl. I've been making these fritters ever since."



INGREDIENTS

- 1 cup cake flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/3 cup milk
- 3/4 cup chopped, peeled tart apple

- 4 teaspoons butter or margarine, melted
- 1 tablespoon sugar
- 1 tablespoon orange juice
- 2 teaspoons grated orange peel
- 1/4 teaspoon vanilla extract
- Oil for frying
- Confectioners' sugar

DIRECTIONS

1. In a bowl, combine the flour, baking powder and salt. In another bowl, beat egg and milk.
2. Add the apple, butter, sugar, orange juice, peel and vanilla; mix well.
3. Stir into dry ingredients just until moistened. In an electric skillet or deep-fat fryer, heat 1/4 in. of oil to 375 degrees F.
4. Drop batter by rounded tablespoons into oil.
5. Fry until golden brown on both sides. Drain on paper towels.
6. Dust with confectioners' sugar. Serve warm.

Ingredients for life. SAFEWAY

1.99 lb
CLUB PRICE
Rancher's Reserve Angus Beef Chuck Pot Roast
Boneless.
SAVE up to \$2.30 lb.

1.99 lb
CLUB PRICE
Safeway Fresh Boneless Skinless Chicken Breast
Grade A.
SAVE up to \$1.50 lb.

10 FOR \$10
CLUB PRICE
Extra Large Navel Oranges
Imported.
Club Price: \$1.00 lb.
SAVE up to 99¢ lb.

1.49 lb
CLUB PRICE
Assorted Loin Pork Chops
Bone-in. All natural.
SAVE up to \$1.00 lb.

4.99 lb
CLUB PRICE
Fresh Atlantic Salmon Fillets
2 lbs. or more. Smaller size package, \$5.99 lb. Farm raised.
SAVE up to \$3.00 lb.

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.

10 FOR \$10
CLUB PRICE
Northwest Crown Red, Bartlett, Bosc or Comice Pears
Club Price: \$1.00 lb.
SAVE up to 49¢ lb.

Apple Almond Crunch Salad



"This easy-to-assemble salad combines the great crunch of apples and almonds with the sweetness of golden raisins and the unique texture of feta cheese. The tanginess of the raspberry dressing works really well with the crispy ingredients."

INGREDIENTS

- 1 (10 ounce) package mixed salad greens
- 1/2 cup slivered almonds
- 1/2 cup crumbled feta cheese
- 1 cup tart apple, cored and chopped
- 1/4 cup sliced red onion
- 1/4 cup golden raisins
- 1 cup raspberry vinaigrette salad dressing

DIRECTIONS

1. In a large salad bowl, combine the salad greens, almonds, feta cheese, apple, red onion and raisins.
2. Toss to blend.
3. Apply salad dressing to individual servings.

Apple Stuffed Chicken Breast

"This is a great dish for the fall. Golden Delicious, Granny Smith, Newtown Pippin, Rome Beauty and/or Winesap apples may be used."



INGREDIENTS

- 2 skinless, boneless chicken breasts
- 1/2 cup chopped apple
- 2 tablespoons shredded Cheddar cheese
- 1 tablespoon Italian-style dried bread crumbs
- 1 tablespoon butter
- 1/4 cup dry white wine
- 1/4 cup water
- 1 tablespoon water
- 1 1/2 teaspoons cornstarch
- 1 tablespoon chopped fresh parsley, for garnish

DIRECTIONS

1. Combine apple, cheese, and bread crumbs. Set aside.
2. Flatten chicken breasts between sheets of waxed paper to 1/4 inch thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.
3. Melt butter or margarine in a 7 inch skillet over medium heat. Brown stuffed chicken breasts. Add wine and 1/4 cup water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.
4. Transfer chicken to a serving platter. Combine 1 tablespoon water and cornstarch; stir into juices in pan. Cook and stir until thickened. Pour gravy over chicken, and garnish with parsley. Serve.

Apple Pork Chops



"I started making this dish a few years ago after apple picking with my children. I was looking for something different to do with some of the apples and this sure is delicious! We all enjoy it and hope you do too!"

INGREDIENTS

- 2 tablespoons vegetable oil
- 1/2 cup chopped onion
- 4 (1/2-inch thick) pork chops
- 1/2 teaspoon salt
- Ground black pepper to taste
- 2 apples - peeled, cored and sliced
- 2 tablespoons brown sugar
- 1/2 teaspoon ground mustard
- 1/8 teaspoon ground cloves
- 3/4 cup hot water

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Heat oil in large skillet. Sauté onion in oil for 1 minute, or until tender. Remove onion and set aside. Brown pork chops on both sides in oil.
3. Place chops in an 8x12 inch baking dish and sprinkle them with salt and pepper. Cover the chops with the apples and cooked onion. In a small bowl, combine brown sugar, mustard, cloves and water. Pour over chops.
4. Cover and bake in the preheated oven for 30 to 45 minutes. Enjoy!

SNEAK-A-SNACK
a healthy alternative for active kids
See store for details

Fresh, juicy **New Crop Apples** at their peak.
Northwest Crown Gala, Granny Smith, Red or Golden Delicious Apples
Club Price: \$1.00 lb.
SAVE up to 99¢ lb.
10 FOR \$10 CLUB PRICE
Our Produce is always 100% Guaranteed.

12-Pack Pepsi Fridge Mates
12-oz. cans.
Selected varieties.
Plus deposit in Oregon.
SAVE up to \$10.96 on 4

Lucerne Large Eggs
18-ct. Grade AA.

Dreyer's Grand Ice Cream
1.75-qt.
Selected varieties.
SAVE up to \$8.49 on 2

88¢ CLUB PRICE
Rice or Pasta Roni
3.8 to 7.2-oz.
Selected varieties.
Limit 6.
SAVE up to 91¢

6 for \$12 CLUB PRICE
Red Baron Deep Dish Singles
6.4 to 12-oz.
Selected varieties.
Club Price: \$2.00 ea.
SAVE up to \$13.94 on 6

15.99 CLUB PRICE
24-Pack Budweiser or Coors
12-oz. cans.
Selected varieties.
Plus deposit in Oregon.
SAVE up to \$4.00

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Offer valid Wednesday, September 26 thru Tuesday, October 2. Minimum \$10 Purchase.

SAFeway COUPON	SAFeway COUPON	SAFeway COUPON
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