



Sweet Potatoes Yams ~ Nyami

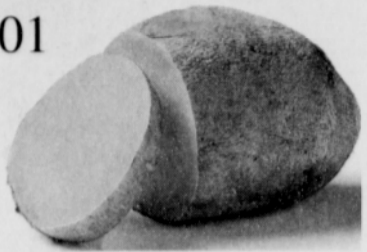
Several decades ago, when orange-fleshed sweet potatoes

were introduced in the southern United States, producers and shippers desired to distinguish them from the more traditional, white-fleshed types. The African word nyami, referring to the starchy, edible root of the Dioscorea genus of plants, was adopted in its English form, yam. Yams in the U.S. are actually sweet potatoes with relatively moist texture and orange flesh. Although the terms are generally used interchangeably, the U.S. Department of Agriculture requires that the label "yam" always be accompanied by "sweet potato."

FOOD

Sweet Potatoes 101

Sweet potatoes are actually not related to the white potatoes we so often see on our dinner plates. Instead, sweet potatoes are actually a member of the morning glory, or Convolvulaceae, family. Sweet potatoes are tropical tubers that vary in color from yellow to orange to purple on the outside skin, and yellow to pink to orange to red on the inside flesh. Two basic types of sweet potatoes are available on the market:



- Moist varieties, which are orange-fleshed and brown- or purple-skinned, are the most common sweet potatoes found.
- Dry varieties, on the other hand, are yellow-fleshed with a dry, mealy texture. Dry sweet potatoes aren't as sweet as the moist variety, and probably would not substitute well for dessert dishes.

Nutritional Benefits

- The rich, deep orange color of the flesh of sweet potatoes is a good hint that this root vegetable is rich in beta-carotene.
- Beta-carotene is converted into vitamin A in the body, and the body will only convert as much as it needs.
- In fact, just 3/4 cup of sweet potatoes provides up to eight times more vitamin A from beta-carotene than the RDA for this nutrient.
- However, don't be concerned about overdosing on vitamin A from sweet potatoes.
- The beta-carotene form of this nutrient protects against toxicity.
- Sweet potatoes are also a very good source of dietary fiber, as well as a number of other vitamins and minerals, including manganese, potassium, vitamin C, and more.
- Eating five servings of fruits and vegetables a day supplies your body with essential nutrition and also helps keep calories in check.
- Just 3/4 cup of sweet potatoes counts as one serving, and adding sweet potatoes to your arsenal of healthy foods is a great way to aim for "5-A-Day" while also adding variety to your meals.

Fried Sweet Potatoes

"Blanched sweet potatoes are sliced and fried in melted butter and brown sugar. Simple to make and will always disappear."



INGREDIENTS

- 6 sweet potatoes, peeled
- 1/2 cup butter
- 2 cups packed light brown sugar

DIRECTIONS

1. Bring a large pot of water to a boil.
2. Add peeled sweet potatoes, and boil for about 4 minutes. Remove from water, and cut into 1/2 inch slices.
3. Melt butter in a large frying pan over medium heat. Stir in brown sugar until dissolved, adding more butter if necessary. Add sweet potatoes, and fry until golden brown and fork tender; turn occasionally. Serve hot.

Roasted Winter Vegetables

"This is a delicious blend of flavor-packed winter vegetables!"



Ingredients

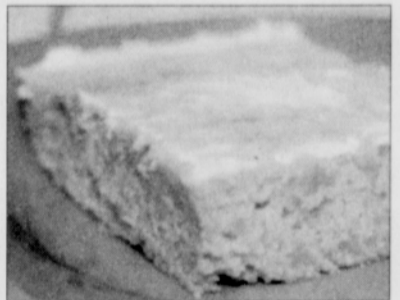
- 1-lb. carrots, peeled
- 1-lb potatoes, peeled
- 3 Tbs. olive oil
- 1 1/2-tsp. kosher salt
- 1 peeled sweet potato
- 1 (2-lb) butternut squash, peeled, seeded
- 1/2-tsp. fresh ground black pepper
- 2 Tbs. fresh flat-leaf parsley, chopped

Directions

1. Preheat oven to 425 degrees.
2. Cut the carrots, potatoes, sweet potato, and butternut squash in 1- to 1 1/4- inch cubes.
3. All the vegetables will shrink while baking, so don't cut them too small.
4. Place all the cut vegetables in a single layer on two sheet pans.
5. Drizzle them with olive oil, salt, and pepper.
6. Toss well.
7. Bake for 25 to 35 minutes, until all the vegetables are tender, turning once with a metal spatula.
8. Sprinkle with parsley, season to taste, and serve hot.

Golden Yam Brownies

"Better have several copies of this recipe on hand when you serve them! These moist, flavorful, delicious brownies are simply out of this world."



INGREDIENTS

- 1 cup butter
- 1 cup packed brown sugar
- 1 cup white sugar
- 4 eggs
- 2 teaspoons vanilla extract
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 cups peeled and finely shredded yam
- 1 cup confectioners' sugar
- 2 tablespoons butter or margarine
- 2 tablespoons milk

DIRECTIONS

1. Preheat the oven to 350 degrees. Grease a 9x13-inch baking dish.
2. In a large bowl, cream together the butter, brown sugar, and white sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Combine the flour, baking powder, and salt; stir into the batter just until blended. Fold in the shredded yam. Spread the batter evenly in the greased baking dish.
3. Bake for 30 minutes in the preheated oven, until a toothpick inserted into the center, comes out clean.
4. Mix together the confectioners' sugar, butter and milk until smooth. Spread over the brownies while they are still warm. They will absorb some of the glaze. Serve hot or warm.

Selection, Storage & Cooking

- Sweet potatoes are available year round at your local grocery store or farmer's market, but peak in fall and early winter.
- Selecting a good sweet potato is much like choosing a regular potato—look for firm tubers with unblemished skin and avoid any potatoes with decay or bruising.
- Sweet potatoes should feel heavy for their size with a colorful undertone to the skin.
- Once you have your sweet potatoes home,

store them in a cool, dry, dark place, such as the cellar.

- Sweet potatoes should never be stored in the refrigerator where they will develop an unpleasant taste and become very hard.
- However, if you're planning on using your sweet potatoes within the week, you may store them at room temperature.
- Sweet potatoes are best when they are cooked in their skin, which retains both moisture and nutrients, and the skin peeled off afterwards. Be

sure to give them a good scrub beforehand to remove any dirt or grit.

- Sweet potatoes are fantastic baked, boiled, French fried, roasted, or even microwaved.
- It's up to you whether you want to prepare the sweet potatoes in a savory or sweet dish, but just know they're very versatile and taste great in both. Add to any dish you would use regular potatoes in, like stews, roasts or casseroles, or use them like you would pumpkin to make baked goods and pies.

Ingredients for life. SAFEWAY

1.99 lb
CLUB PRICE

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

4.99 lb
CLUB PRICE

Rancher's Reserve
Angus Beef
New York Strip Steak
Bone-in.
SAVE up to \$4.80 lb.

10 FOR \$10
CLUB PRICE

On the Vine
Tomatoes
Club Price: \$1.00 lb.
SAVE up to \$1.79 lb.

99¢ lb
CLUB PRICE

Safeway
Split Chicken Breast
Ribs attached. Grade A.
SAVE up to \$1.00 lb.
Foster Farms Split Chicken Breast 1.49/lb

5.99 lb
CLUB PRICE

Petite Sea Scallops
80 to 120-ct.
Save even more - 5-lb. bag just \$4.99 lb!
Frozen/thawed.
SAVE up to \$2.00 lb.

88¢ lb
CLUB PRICE

Broccoli Crowns
or Cauliflower
SAVE up to 61¢ lb.

FREE
CLUB PRICE

2-lb Pristine Green
Seedless Grapes
SAVE up to \$5.99 ea

A Dozen Roses is 14 Stems

7.99 lb
CLUB PRICE

Large King Crab
Legs & Claws
16 to 20 size.
Cooked.
Frozen/thawed.
SAVE up to 6.00 lb.

2.538 for 2
CLUB PRICE

Lucerne Milk
Gallon, Whole, 2%, 1%, Skim
Supreme or Fat Free. At
checkout, first item will
scan at regular price, second
item will reflect savings.

4.56 for 2
CLUB PRICE

Kellogg's
and Post Cereal
13 to 20-oz.
Selected varieties.

FREE
CLUB PRICE

Lucerne Large Eggs
19-ct Grade AA.

10 FOR \$10
CLUB PRICE

Safeway
Crushed or 100%
Whole Wheat Bread
22.5-oz.
Club Price: \$1.00 ea.
SAVE up to 99¢ ea.

4.99
CLUB PRICE

Crystal Geyser
35-pack, 16.9-oz. bottles.
SAVE up to \$1.60

8.87
CLUB PRICE

Clos Du Bois, Nobilo
or Chateau Ste
Michelle
750-ml Selected varieties.
SAVE up to \$6.12

ONE WEEK ONLY!

Offer valid Wednesday, October 17 thru Tuesday, October 23. Minimum \$10 Purchase

SAFEWAY COUPON

ONE WEEK ONLY!
October 17 thru October 23

1.99

with card and coupon
Lucerne Butter
16-oz. Regular or Unsalted
(and 1)
With Minimum \$10 Purchase

SAFETY COUPONS!

SAFEWAY COUPON

ONE WEEK ONLY!
October 17 thru October 23

Must Buy 2 **2 for \$4**

with card and coupon
Hillshire Farm
Sausage
(and 1)
With Minimum \$10 Purchase

SAFETY COUPONS!

SAFEWAY COUPON

ONE WEEK ONLY!
October 17 thru October 23

Must Buy 5 **5 for \$2**

with card and coupon
Green Giant
Canned Vegetables
(and 1)
With Minimum \$10 Purchase

SAFETY COUPONS!

OCTOBER

WED THUR FRI SAT SUN MON TUES

17 18 19 20 21 22 23

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