

FOOD

New Ideas for Chicken

Chicken is a dinnertime favorite: it's highly versatile, family-friendly and good for you. Chicken is a great source of protein with the added bonus of being low in fat and calories, especially if you don't eat the skin. Bored with your usual repertoire of chicken dinners? Try these fresh takes, which use the thighs for extra flavor and value.



"This delicious slow cooked chicken panini has 656 calories per serving."

Tuscan Chicken Panini

Chicken Ingredients

- Slow-Cooked Chicken
- 1 1/2 teaspoon Italian herb seasoning
- 1 teaspoon smoked paprika
- 1/2 teaspoon each kosher salt and freshly ground pepper
- 6 chicken thighs without skin (2 1/2 lb), trimmed of visible fat
- 1 Tablespoon extra-virgin olive oil
- 1/2 cup dry white wine
- 4 cloves garlic, flattened with side of a knife

Panini Ingredients

- 4 (4-inch) squares focaccia (about 1-inch thick), halved horizontally, or 8 thick slices white bread
- 1 (15-oz) jar roasted peppers (preferably red and yellow), drained
- 4 oz sliced provolone cheese
- Olive oil cooking spray

Directions

- Slow-Cooked Chicken:** Mix Italian seasoning, paprika, salt, and pepper in a small cup. Brush chicken with olive oil; rub seasoning mixture all over chicken. Put wine and garlic in a 4 1/2- to 6-quart slow-cooker; add chicken thighs in a single layer, bone side down. Cover; cook on low-heat setting for 4 hours, or until fork tender. Remove from cooker; let stand until cool enough to handle (chicken can be cooked up to 1 day ahead and refrigerated). Remove bones; tear chicken into large pieces.
- Panini:** Assemble sandwiches on focaccia with chicken, roasted peppers, and provolone. Spray sandwiches with olive oil cooking spray. Grill sandwiches in a panini press or sandwich grill, or on a stovetop grill pan with a heavy skillet on top. Grill sandwiches until bread is lightly toasted and cheese is melted, about 5 minutes.

Chicken, Shrimp, and Sausage Jambalaya



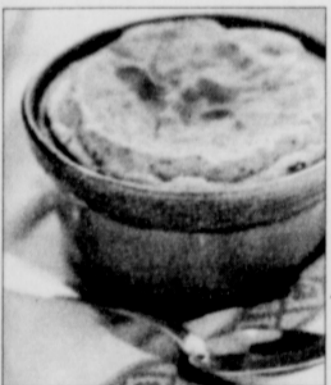
"This delicious jambalaya is loaded with flavor and only 485 calories per serving."

Ingredients

- 4 boneless, skinless chicken thighs (1 lb), trimmed of visible fat, cut into 2-inch chunks
- 2 tsp. Creole seasoning
- 2 Tbs. canola oil
- 6 oz andouille sausage or other smoked sausage
- 1 large white onion, chopped (1 1/2 cups)
- 1 each small red, yellow, and green bell pepper, cut into 1-inch strips
- 1 Tbs. fresh thyme leaves
- 2 Tbs. all-purpose flour
- 1/4 tsp. cayenne pepper
- 1 cup raw long-grain rice
- 3 cups chicken broth
- 1 (16-oz) can diced fire-roasted tomatoes, undrained
- 3/4 lb large shrimp, peeled and deveined, tail shells intact
- Chopped parsley, for garnish

Directions

- Sprinkle chicken with Creole seasoning. Heat oil in a Dutch oven over medium-high heat; add sausage and brown 2 minutes. Remove to a plate. Add chicken and sauté until brown, about 4 minutes; remove to plate.
- Add onion, peppers, thyme, flour, and cayenne to pot and cook, stirring constantly, until onions are translucent, about 4 minutes. Stir in rice, then add broth and tomatoes and bring to a boil. Reduce heat to low; cover and simmer 10 minutes.
- Stir chicken and sausage into rice mixture; cover and continue to simmer 6 minutes. Stir in shrimp; cover and simmer 6 minutes, or until cooked through. Spoon jambalaya onto plates; garnish servings with parsley.



Slow Cooker Sunday Collection

Slow Cooker Spoon Bread

"Deliciously simple!"
Mix all ingredients and pour into the slow cooker. Cook on low for about 4 hours with lid slightly ajar to let steam vent.

- One box of Jiffy muffin mix
- 4-eggs
- 1-stick of butter, melted
- 1-box of frozen spinach, thawed
- 1/2-cup of chopped red bell pepper (optional)
- 1-cup of cottage cheese

Chicken Safety Tips

Like all fresh meats, chicken is perishable; do not leave raw or frozen chicken at room temperature. Since raw poultry can transmit illness-causing bacteria such as Salmonella and Listeria, use care during handling and preparation.

- Keep it clean; rinse chicken inside and out with cold water and always clean every surface with hot soapy water after handling raw chicken.
- Get it done; temperatures should reach a minimum of 165 degrees F; and the juices run clear.

Ingredients for life. SAFEWAY

99¢ lb
CLUB PRICE

Pork Shoulder Blade Roast
Bone-in.
SAVE up to \$1.30 lb.

9.99 ea
CLUB PRICE

Butcher's Cut Hickory Smoked Thick Sliced Bacon
Sold in a 6.5-lb. package.
SAVE up to \$10.00 ea.

BUY ONE, GET ONE FREE
EQUAL OR LESSER VALUE FREE
CLUB PRICE

Rancher's Reserve Angus Boneless Beef Bottom Round Roast
SAVE up to \$4.49 per lb. on 2nd package.

2.99 lb
CLUB PRICE

Oregon Shrimpmeat
Cooked.
Sold in a 5-lb. bag.
Bulk Price \$4.99 lb.
Frozen/thawed.
SAVE up to \$2.00 lb.

BUY ONE, GET ONE FREE
EQUAL OR LESSER VALUE FREE
CLUB PRICE

Fresh Raspberries, Blueberries or Blackberries
4.4 to 5.6-oz. container.
SAVE up to \$4.99 on 2

BUY ONE, GET ONE FREE
EQUAL OR LESSER VALUE FREE
CLUB PRICE

Large Hass Avocados
Imported.
SAVE up to \$1.99 on 2

BUY ONE, GET ONE FREE
EQUAL OR LESSER VALUE FREE
CLUB PRICE

Eating Right® Salad Blends or Medleys
4.9 to 12-oz. package.
Selected varieties.
-SAVE up to \$3.29 on 2

dozen **\$9.99**
everyday low price

3.99 CLUB PRICE

Signature Cafe Garden Salads
13.5 to 18.5 oz. Selected varieties.
SAVE up to 50¢

4.49 CLUB PRICE

2.11 for CLUB PRICE

24-Pack Coca-Cola
12-oz. cans. Selected varieties.
Club Price: \$5.50 ea.
Plus deposit in Oregon.
SAVE up to \$17.87 on 2

BUY ONE, GET ONE FREE
EQUAL OR LESSER VALUE FREE
CLUB PRICE

Tostitos Tortilla Chips
9 to 13.5-oz. Selected varieties.
SAVE up to \$3.49 on 2

4 for \$6
CLUB PRICE

Must Buy 4
Kellogg's Raisin Bran or Safeway Frosted Flakes
20-oz. Selected varieties.

4.99 CLUB PRICE

Cheer or Gain Laundry Detergent
53 to 63-oz. powder or 80 to 100-oz. liquid. Selected varieties.
26 to 32-loads.
SAVE up to \$2.50

2.8 for CLUB PRICE

DiGiorno Original Pizza
28.2 to 34.2-oz. Selected varieties.
Club Price: \$4.00 ea.
SAVE up to \$4.58 on 2

11.99

18-Pack Bud, Miller or Coors
12-oz. bottles. Selected varieties.
Plus deposit in Oregon.
SAVE up to \$4.00

2 for \$3 CLUB PRICE

Safeway SELECT Artisan Ciabatta Bread
20-oz. Selected varieties. Fresh-baked daily, lightly crusted.
Club Price: \$1.50 ea.
SAVE up to 98¢ on 2

BUY ONE, GET ONE FREE
EQUAL OR LESSER VALUE FREE
CLUB PRICE

Lucerne Large Eggs
18-ct. Grade AA

5.99 CLUB PRICE

DiGiorno Mexican Pizza
32-oz. Selected varieties.
SAVE up to \$3.10 ea.

2 for \$4 CLUB PRICE

Tree Top Apple Juice
64-oz. Selected varieties.
Club Price: \$2.00 ea.
SAVE up to \$2.58 on 2

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