

# FOOD

From hearty recipes for one-pot stews to new ideas for the season's best ingredients, we have you covered in the kitchen. Stay warm and eat healthy. Please e-mail SharonS@portlandobserver.com to request or share a favorite recipe.

## Heart Awareness Month

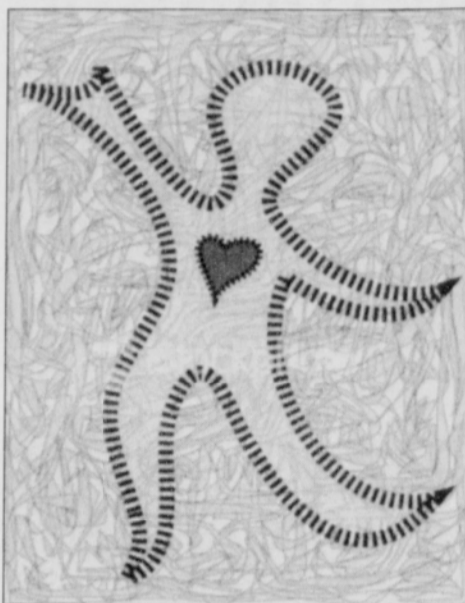
When it comes preventing heart disease through diet, there's quite a bit you can do—and a lot to remember.

Embrace foods with heart-protecting antioxidants, such as richly colored fruits and vegetables, whole grains, beans, nuts and soy products. Try to limit foods that increase blood cholesterol or lead to weight gain, including saturated fats, trans fats and dietary cholesterol, as well as salt, sugar and alcohol.

So enjoy these delicious heart-healthy recipes—add in a good dose of daily exercise—and you'll be on your way to a healthier lifestyle!

## 10 Easy Steps to a Healthier Heart

Keep your heart healthy and reduce your heart attack risk with these simple tips.



### How to Cut Your Risk

Even if you follow just the first seven tips below (and don't smoke, of course), you'll reduce the chance of having a heart attack by as much as 90 percent compared to a typical person your age!

1. Walk 30 minutes a day every day, no matter what—and then call someone who will encourage and support your efforts
2. Know your blood pressure and do whatever it takes to get it down to 115/75.
3. Eat an ounce of nuts a day. Nuts raise HDL good cholesterol and decrease inflammation. Nuts have healthy omega-3 fatty acids, healthy protein and some fiber.
4. Learn your HDL number and do what you can to raise it to 50.
5. Eat 10 tablespoons of tomato sauce a week. Tomato sauce is loaded with blood-pressure-slashing potassium.
6. Floss your teeth regularly. Avoiding periodontal disease prevents inflammation in the arteries, which helps you head off heart disease.
7. Eat no more than 20 grams of saturated fat a day and as little trans fat as possible.
8. Read labels and throw out all food that has sugar in the first five ingredients.
9. Have just one glass of wine or beer a day. It's a consistent finding that teetotalers have a higher risk of heart disease than people who drink a little, and people who drink a lot have little heart disease but tend to die of cancer.
10. Eat nine servings of colorful fruits and vegetables a day.

## Ingredients for life. SAFEWAY

**79¢** lb  
CLUB PRICE

**Whole Pork Shoulder**  
Sold whole in the bag.  
2 Roasts per bag.  
SAVE up to \$1.70 lb.

*The Other White Meat*  
Don't be blah.

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

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

**3.99** lb  
CLUB PRICE

**Rancher's Reserve Boneless Beef Top Sirloin Steak**  
Or Petite Sirloin Steak  
SAVE up to \$2.80 lb.

**6.99** lb  
CLUB PRICE

**Wild Alaskan Sockeye Salmon Fillets**  
Frozen Thawed.  
SAVE up to \$3.00 lb.

**10 FOR \$10**  
POUNDS \$10  
CLUB PRICE

**Red Seedless Grapes**  
Imported.  
Club Price: \$1.00 lb.  
SAVE up to \$2.99 lb.

**2 \$5** for  
CLUB PRICE

**Whole Gold Pineapples**  
Club Price: \$2.50 ea  
SAVE up to \$4.98 on 2

**10 FOR \$10**  
POUNDS \$10  
CLUB PRICE

**Red Roma Tomatoes**  
Club Price: \$1.00 lb.  
SAVE up to \$1.79 lb.



### Kale & Potato Hash

"Serve as a side with a steak or pork chops or set a poached egg on top for a hearty breakfast or brunch."

#### Ingredients

- 8 cups torn kale leaves (about 1/2 large bunch; see Tip)
- 2 tablespoons horseradish
- 1 medium shallot, minced
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 cups cooked shredded potatoes (see Ingredient note)
- 3 tablespoons extra-virgin olive oil

#### Directions

1. Place kale in a large microwave-safe bowl, cover and microwave until wilted, about 3 minutes. Drain, cool slightly, and finely chop.
2. Meanwhile, mix horseradish, shallot, pepper and salt in a large bowl. Add the chopped kale and potatoes; stir to combine.
3. Heat oil in a large non-stick skillet; over medium heat. Add the kale mixture, spread into an even layer and cook, stirring every 3 to 4 minutes and returning the mixture to an even layer, until the potatoes begin to turn golden brown and crisp, 12 to 15 minutes total.

**NUTRITION INFORMATION:** Per serving: 240 calories; 12 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 30 g carbohydrate; 6 g protein; 5 g fiber; 244 mg sodium.

**TIP:** A 1- to 1 1/2-pound bunch of kale yields 16 to 24 cups of chopped leaves. When preparing kale for these recipes, remove the tough ribs, chop or tear the kale as directed, then wash it—allowing some water to cling to the leaves. The moisture helps steam the kale during the first stages of cooking.

Give with all your heart  
Thursday, February 14

**19.99** ea  
CLUB PRICE

**88¢**  
CLUB PRICE

**Bumble Bee Solid White Tuna**  
8-oz.  
Selected varieties.  
SAVE up to \$1.31

**BUY ONE, GET ONE FREE**  
CLUB PRICE

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

**THE \$10 BUY!**  
See what you can get for \$10  
See Store For Details

**41.99** ea  
CLUB PRICE

**Veuve Clicquot**  
750-ml

**BUY ONE, GET ONE FREE**  
CLUB PRICE

**Safeway SELECT Ice Cream**  
1.5-qt.  
Selected varieties.  
SAVE up to \$3.99 on 2

**5 \$10** for  
CLUB PRICE

**Eating Right Meals**  
8.25 to 11.5-oz.  
Selected varieties.  
Club Price: \$2.00 ea  
SAVE up to \$4.95 on 5

**14.99**  
CLUB PRICE

**Domaine Chandon, Erath or Kendall-Jackson**  
750-ml.  
Selected varieties.

**BUY ONE, GET ONE FREE**  
CLUB PRICE

**Lucerne Large Eggs**  
18-ct. Grade AA.

**69¢**  
CLUB PRICE

**Betty Crocker Cake or Brownie Mix**  
18 to 19.5-oz. Cake Mix.  
18.3 to 20.5-oz. Brownie Mix.  
Selected varieties.  
SAVE up to \$1.25

**5.99**  
CLUB PRICE

**Folgers Coffee**  
23 to 39-oz.  
Selected varieties.  
SAVE up to \$3.36

**FEBRUARY**  
WED THUR FRI SAT SUN MON TUES  
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## SUNDAY SLOW COOKER COLLECTION



"My family loves this delicious recipe with a scoop of vanilla ice cream"

### Slow Cooker Apple-Pecan Crisp

**Prep:** 15 min., **Cook:** 3 hrs. Be sure to check your apples at 2 hours, as overcooking may make them mushy.

#### Ingredients

- 5 large Granny Smith apples, peeled and cut into 1/4-inch-thick slices
- 2 tablespoons lemon juice
- 3/4 cup all-purpose flour
- 3/4 cup firmly packed dark brown sugar
- 1 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1/2 cup cold butter
- 3/4 cup chopped toasted pecans
- Vanilla ice cream

#### Preparation

1. Place apples in a lightly greased 6-quart slow cooker; drizzle with lemon juice, and toss to coat.
2. Combine flour and next 3 ingredients in a medium bowl. Cut butter into flour mixture with a pastry blender or two forks until mixture resembles coarse meal; sprinkle over apples.
3. Cover and cook on HIGH 3 hours or until apples are tender. Sprinkle with pecans. Serve warm with ice cream.

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