



FOOD



Celebrating the Sweet Strawberries of Spring

In pancakes at breakfast, as preserves on bread at lunch, sliced over a salad for dinner and atop shortcake for dessert, the strawberry works overtime!

My great-grandfather kept a

strawberry patch of local acclaim in a sunny corner spot. In my mind, he bends low behind a white picket fence, wearing dusty dungarees and a buttoned-up shirt. His hands are gnarled with arthritis but he tends

the plants with deftness. Some perfect day in late spring, he brushes soil from the first berry of the season, lifting it to the sun for visual inspection, then pop! It stains his lips as he begins the ultimate flavor test.



Chicken & Strawberry-Spinach Salad

"Bright greens and red strawberries come together in a whirlwind of color and flavor in this main-dish salad."

Ingredients

- SALAD**
- 1 lb boneless skinless chicken breasts
 - 8 cups bite-size pieces fresh spinach
 - 1/2 cup fresh strawberries, stems removed and strawberries cut in half
 - 1/4 cup crumbled Gorgonzola cheese (1 oz)
 - 1/4 cup chopped walnuts
- DRESSING**
- 3 tablespoons apple juice
 - 2 tablespoons strawberry spreadable fruit
 - 2 tablespoons balsamic vinegar

Directions

1. In small bowl, mix all dressing ingredients until blended; set aside.
2. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F). Remove chicken to cutting board.
3. Add dressing to skillet; stir to loosen any pan drippings.
4. Cut chicken into slices. Among 4 plates, divide spinach. Top with chicken, strawberries and cheese. Drizzle with dressing. Sprinkle with walnuts.

SAFEWAY

Ingredients for life.®

Manor House Boneless Skinless Chicken Breast
Frozen, 4-lb. Bag \$6.76 ea. Or 3-lb. Breast Tenders \$5.97 ea.
SAVE up to \$5.23 on 4-lb. bag

CLUB PRICE
1.69
lb

ENJOY with **Hess Select** CHARDONNAY

Cooked Northwest Shrimp meat
Sold in 5-lb. bag. Bulk price \$4.99 lb.
Frozen/thawed.

CLUB PRICE
2.99
lb

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

BUY 1 GET 1 FREE
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Wild Copper River Sockeye Salmon Fillets
Frozen/thawed.
SAVE up to \$3.00 lb.

CLUB PRICE
7.99
lb

Broccoli Crowns or Cauliflower
SAVE up to 80¢ lb.

CLUB PRICE
99¢
lb

8-lb. Bag Navel Oranges
SAVE up to \$4.00 ea.

CLUB PRICE
2.99
ea

4-lb. Fresh Strawberries
Great with Angel Food Cake!
SAVE up to \$5.00 ea.

CLUB PRICE
4.99
ea

REASON #15 Because you finished your taxes on time.
Rancher's Reserve® Beef is hand-selected and trimmed, aged to perfection and guaranteed to be tender, juicy and delicious.

Tender Beef Reward yourself.

Rancher's Reserve Beef New York Strip Steak
Bone-in.
SAVE up to \$4.30 lb.

CLUB PRICE
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Offer valid 4/16/08-4/22/08 with your Safeway Club Card. Items must be purchased in a single transaction. Customer pays tax or deposit where applicable.

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CLUB PRICE
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CLUB PRICE
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ONE WEEK ONLY!
Offer valid Wednesday, April 16 thru Tuesday, April 22. Minimum \$10 Purchase.

SAFETY COUPON Valid 4/16 thru 4/22/08

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3.77 Arrowhead Water

WITH CARD AND COUPON. 24-pack, 16.9-oz. or 12-pack, 70.9-oz. bottles. Limit 1 with Minimum \$10 Purchase.

The Oregon Strawberry

Sweeter. Redder. Simply Better.

Oregon's 120-year history in the strawberry industry has earned Oregon the title of third largest producer of strawberries in the United States.

Strawberries have been known since the time of the Greeks and Romans. Wild American berries and French strawberries were crossbred as early as 1624. Commercial strawberry growing began in America about 1800 near the largest eastern cities. Strawberries moved west with the pioneers and were reportedly grown near Vancouver, Washington at the Hudson Bay Post in 1836.

Red, juicy and conically shaped, the strawberry is a member of the

rose family and has grown wild for centuries. Strawberries are the only fruit with seeds on the outside. Strawberries vary in size, shape and color (some are off-white or yellowish). In general, the flavor of the smaller berries is better than the larger varieties.

How to store: Do not wash strawberries until ready to use. Store (preferably in a single layer on a paper towel) in a moisture proof container in the refrigerator for 2-3 days.

Health Benefits: Numerous studies have shown the importance of antioxidant activity and potential health benefits derived from anthocyanins, which give berries their rich color.

Strawberry Salsa

"This tasty recipe really compliments chicken or turkey well; or serve with sliced avocados."

Ingredients

- 1 pound strawberries, diced
- 1/2 cup finely chopped red onion
- 1/4 cup finely chopped cilantro
- 1 jalapeno pepper, seeded and minced
- 1 tablespoon fresh lime juice
- 1 teaspoon sea salt
- Fresh ground pepper



Directions

- Stir together the diced strawberries, red onion, cilantro, jalapeno pepper, and lime juice in a bowl. Season to taste with salt and pepper; chill until ready to serve.

SUNDAY SLOW COOKER COLLECTION

All Day Apple Butter

"This tasty apple butter is a real slow cooker, but well worth the wait. Depending on the sweetness of the apples used, the amount of sugar may be adjusted to taste."



Ingredients

- 4 cups white sugar
- 2 tsp. ground cinnamon
- 1/4 tsp. ground cloves
- 1/4 tsp. salt
- 5 1/2 pounds apples - peeled, cored and finely chopped

Directions

1. Place the apples in a slow cooker. In a medium bowl, mix the sugar, cinnamon, cloves and salt. Pour the mixture over the apples in the slow cooker and mix well.
2. Cover and cook on high 1 hour.
3. Reduce heat to low and cook 9 to 11 hours, stirring occasionally, until the mixture is thickened and dark brown.
4. Uncover and continue cooking on low 1 hour. Stir with a whisk, if desired, to increase smoothness.
5. Spoon the mixture into sterile containers, cover and refrigerate or freeze.

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