



# FOOD

The mission of the food page is to provide our readers with great-tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments or family recipes that you would like to share with us addressed in e-mail to sharon@portlandobserver.com.

## Blueberries

### Mother Nature's Fountain of Youth

Blueberries are a favorite fruit, loved for their sweet-tart taste, their spicy aroma and their unique indigo-blue color. The good news is that we now love blueberries for our health as well as their taste.

Blueberries are rich in vitamins A, C, E and beta-carotene, as well as rich in the minerals potassium, manganese and magnesium. They are very high in fiber and low in saturated fat, cholesterol and sodium. But this is just the tip of the nutritional iceberg, for recent studies tell us that, of all fresh fruits and vegetables, blueberries provide the most health-protecting antioxidants, those valuable elements which prevent cancer-causing cell

damage and may limit the changes wrought by age related diseases.

Anthocyanins create the blue color in blueberries. They are water-soluble and will bleed into water (or on mouths and clothes). Anthocyanins are antioxidants, known to reduce heart disease and cancer in humans. They are found throughout the plant world, but blueberries are the highest of any fruit or vegetable. This substance is believed to combat E. coli.

Resveratrol is a substance that is produced by several plants including blueberries. A number of beneficial health effects, such as anti-cancer, anti-viral, neuroprotective, anti-aging, anti-inflammatory and life-prolonging effects have been

reported for this substance.

There are current studies worldwide to determine further effects on health, and many believe that blueberries help the eyes, prevent urinary-tract infections, lower cholesterol, protect against macular degeneration and aid the cardiovascular system. These are significant health benefits that rank blueberries as one of the top foods for nutrition-to-weight.

The nutritional value of blueberries makes them one of the best foods we can eat. And if you live near a blueberry patch and have any ordinary bucket, gathering this humble berry is one of life's joys. Anyone who has gone blueberry picking as a child will carry the memory for life.

## SAFEWAY

Ingredients for life.™

**CLUB PRICE**

**1.49** lb

**Manor House Boneless Skinless Chicken Breast**  
Frozen, 4-lb. bag \$5.99 ea. Or Breast Tenderkin 3-lb. bag \$5.97 ea. SAVE up to \$6.03 on 4-lb. bag.

ICE GLAZED  
READY TO COOK  
MICROWAVEABLE

ENJOY with

SAFETY MONITOR

**CLUB PRICE**

**1.99** lb

**Rancher's Reserve® Boneless Beef Chuck Blade Steak**  
Extreme Value Pack, Or Pot Roast. SAVE up to \$2.50 lb.

**CLUB PRICE**

**99¢** lb

**Pork Spareribs**  
Sold in a 10-lb. box for \$9.90 ea. Limit 2. Or Assorted Pork Chops. Extreme Value Pack \$1.49 lb. SAVE up to \$1.50 lb.

**CLUB PRICE**

**3.99** lb

**Fresh Cooked Northwest Shrimp**  
Weather permitting. Or choose Raw Peeled & Deveined Shrimp 71 to 90-ct. at \$4.99 lb. SAVE up to \$3.00 lb.

**10 FOR \$10**

**Fresh Express Salads**  
9 to 12-oz. package. Selected varieties. Club Price: \$1.00 ea. SAVE up to \$1.79 on 1

**BUY 1 GET 1 FREE**  
EQUAL OR LESSER VALUE

**Castro Valley Ocean Mist Artichokes**  
Jumbo size. SAVE up to \$3.99 on 2

**CLUB PRICE**

**1.99** lb

**Sweet California Cherries**  
SAVE up to \$6.00 lb.

**CLUB PRICE**

**2 for \$10**

**Gatorade, Tiger or G2**  
8-pack, 16.9 or 20-oz. Selected varieties. Club Price: \$5.00 ea. SAVE up to \$5.98 on 2

**CLUB PRICE**

**10 for \$5**

**Yoplait Yogurt**  
4 to 6-oz. Selected varieties. Club Price: 50¢ ea. SAVE up to \$4.00 on 10

**CLUB PRICE**

**1 FREE**

**Safeway SELECT® Ice Cream**  
1.75-qt. Selected varieties. SAVE up to \$5.99 on 2

**CLUB PRICE**

**1.88**

**Tostitos**  
9 to 13.5-oz. Selected varieties. SAVE up to \$1.91

**CLUB PRICE**

**89¢**

**OvenJoy Sandwich Breads**  
22.5-oz. White or Wheat. SAVE up to 30¢

**CLUB PRICE**

**5 for \$10**

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

**CLUB PRICE**

**1.88**

**General Mills Cheerios**  
8.9-oz. Cornal. SAVE up to 81¢

**CLUB PRICE**

**8.99**

**Clos Du Bois or Columbia Crest Estate**  
750-ml. Selected varieties. SAVE up to \$6.00

**CLUB PRICE**

**88¢**

**Chicken of the Sea Solid White Albacore Tuna**  
6-oz. In water. SAVE up to \$1.31

**SAFETY GASOLINE**

**10¢ OFF**

per gallon of gasoline

**MAY-JUNE**

28 29 30 31 1 2 3

WED THUR FRI SAT SUN MON TUE

Prices in this ad good through June 3rd

**SAFETY COUPON**

**4 days only**

**BUDGET STRETCHERS**

Offer valid 5/28/2008 thru 5/31/2008. Minimum \$10 Purchase.

**SAFETY COUPON**

**6.5 lb.**

**Butcher's Cut Thick Sliced Bacon**  
6.5-lb. Package. Limit 1 with Minimum \$10 Purchase. **9.99** ea. WITH CARD AND COUPON

**SAFETY COUPON**

**Lucerne® Large Eggs**  
12-ct. Carton. Limit 1 with Minimum \$10 Purchase. **1.00** WITH CARD AND COUPON

**SAFETY COUPON**

**4-lb. Fresh Strawberries**  
Limit 1 with Minimum \$10 Purchase. **4.00** ea. WITH CARD AND COUPON

**SAFETY COUPON**

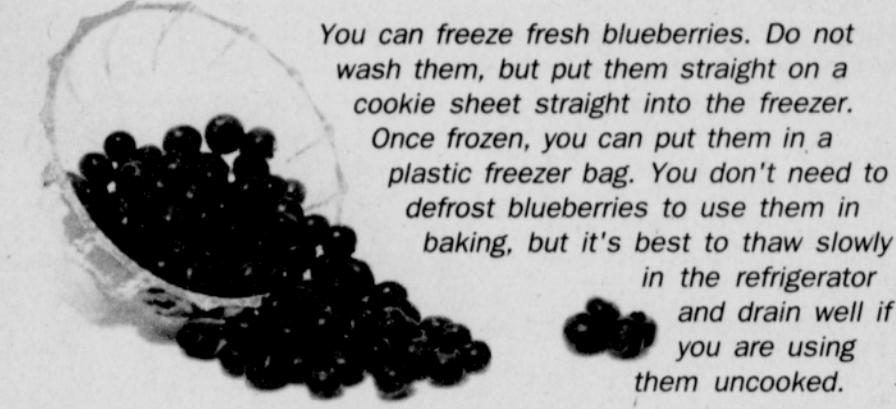
**Safeway Apple Juice**  
6-pack. 12-oz. variety. Limit 1 with Minimum \$10 Purchase. **1.00** WITH CARD AND COUPON

**SAFETY COUPON**

**Kraft Macaroni & Cheese**  
4-pack. Easy Mac or 5-pack. Original. Limit 1 with Minimum \$10 Purchase. **3.00** WITH CARD AND COUPON

**SAFETY COUPON**

**2-Liter Safeway Soda**  
Selected varieties. Plus Register in Oregon. Limit 1 Purchase of 2 with Minimum \$10 Purchase. Card Price without Coupon: 75¢. **2.51** WITH CARD AND COUPON



You can freeze fresh blueberries. Do not wash them, but put them straight on a cookie sheet straight into the freezer. Once frozen, you can put them in a plastic freezer bag. You don't need to defrost blueberries to use them in baking, but it's best to thaw slowly in the refrigerator and drain well if you are using them uncooked.

## Blueberry Hill Cupcakes

"Freezing the berries before adding them to the batter prevents them from sinking to the bottom and from discoloring the cupcakes."

### Ingredients

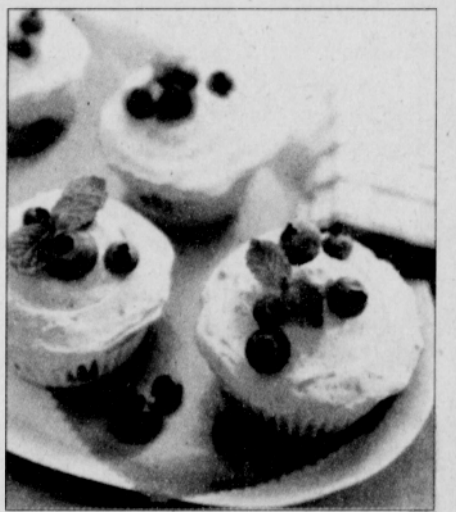
- CUPCAKES**
- 3 1/4 cups all-purpose flour
  - 1 1/4 cups sugar
  - 1 tablespoon baking powder
  - 1/2 teaspoon coarse kosher salt
  - 1/4 teaspoon baking soda
  - 6 tablespoons (3/4 stick) unsalted butter, melted
  - 1/4 cup canola oil
  - 2 large eggs
  - 1 cup buttermilk or low-fat yogurt
  - 1 cup whole milk
  - 1 teaspoon vanilla extract
  - 1 teaspoon grated lemon peel
  - 1 1/4 cups fresh blueberries, frozen for 4 hours

### Directions

1. Preheat oven to 350°F. Line two 12-cup muffin pans with paper liners. Sift flour and next 4 ingredients into large bowl.
2. Whisk melted butter and oil in medium bowl. Add eggs; whisk to blend. Whisk in buttermilk, milk, vanilla extract, and peel. Add buttermilk mixture to dry ingredients; whisk just to blend. Stir in frozen blueberries. Divide batter among liners.
3. Bake cupcakes until tester inserted into center comes out clean, about 23 minutes. Transfer cupcakes to racks; cool.

### For frosting:

1. Combine first 5 ingredients in medium bowl. Add 4 teaspoons milk. Using electric mixer, beat until well blended and fluffy, adding more milk by teaspoonfuls if dry (small granules of maple sugar will still remain), about 4 minutes. Spread frosting over top of cupcakes.
2. Garnish cupcakes with chilled berries, and mint sprigs, if desired. (Can be made 4 hours ahead. Store in airtight container at room temperature.)



### FROSTING

- 2 1/4 cups powdered sugar
- 10 tablespoons (1 1/4 sticks) unsalted butter, room temperature
- 1/2 cup plus 2 tablespoons maple sugar
- 1/2 teaspoon coarse kosher salt
- 1 1/4 teaspoons vanilla extract
- 4 teaspoons (or more) whole milk
- 1 cup chilled fresh blueberries
- Fresh mint sprigs (optional)



## White Balsamic Custard Tart with Fresh Berry Topping

### Directions

- FOR CRUST:**
1. Combine flour, sugar and salt in processor; blend 5 seconds. Add butter and blend, using on/off turns, until coarse meal forms. Add egg yolk and cream. Using on/off turns, blend until moist clumps form. Gather dough into ball. Press dough evenly into 9-inch-diameter tart pan with removable bottom. Pierce dough all over with fork. Chill 1 hour.
  2. Preheat oven to 375°F. Bake crust until golden, pressing with back of fork if crust bubbles, about 22 minutes. Cool.
- FOR FILLING:**
1. Stir cream and cornstarch in medium bowl until cornstarch dissolves. Add eggs, egg yolks, and vanilla; whisk to blend.
  2. Boil vinegar in heavy medium saucepan until reduced to 1/4 cup, about 3 minutes. Add 3/4 cup water, sugar, and butter. Stir until butter melts; return to boil. Gradually whisk vinegar mixture into egg mixture; return to pan. Whisk until the custard thickens and boils; about 1 minute. Strain into bowl; cool.
  3. Spread custard in prepared crust. Cover and chill tart at least 3 hours and up to 1 day.
- FOR TOPPING:**
1. Arrange strawberry slices in star pattern in center of tart. Arrange raspberries in star pattern. Surround with blueberries. Cover loosely and chill until ready to serve. (Can be made up to 6 hours ahead.)

"This beauty is definitely a keeper!"

### INGREDIENTS

- CRUST**
- 1 1/4 cups all purpose flour
  - 3 Tbs. sugar
  - 1/4 tsp. salt
  - 1/2 cup (1 stick) chilled unsalted butter, cut into 1/2-inch cubes
  - 1 large egg yolk
  - 1 Tbs. whipping cream
- FILLING**
- 1/2 cup whipping cream
  - 2 Tbs. cornstarch
  - 2 large eggs
  - 4 large egg yolks
  - 1 tsp. vanilla extract
  - 1/2 cup white balsamic vinegar
  - 3/4 cup water
  - 3/4 cup sugar
  - 1/4 cup (1/2 stick) unsalted butter
- TOPPING**
- 2 large strawberries, hulled, sliced
  - 2 1/2-pint containers blueberries
  - 1 1/2-pint container raspberries

Prices in this ad are effective 6 AM Wednesday, May 28 thru Tuesday, June 3, 2008 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Walkikikum, Cowitz, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing acetaminophen, pseudoephedrine or phenylephrine limited by law. Quantity rights reserved. SOME ADVERTISING ITEMS MAY NOT BE AVAILABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On Buy One, Get One Free (BOGO) offers, customer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. Manufacturers' coupons may be used on purchased items only — not on free items. Limit one coupon per purchased item. Customer will be responsible for tax and deposits as required by law on the purchased and free items. No liquor sales in excess of 52 gallons. No liquor sales for resale. Liquor sales at licensed Safeway stores only. © 2008 Safeway Inc. Availability of items may vary by store.