

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to: www.foods@portlandobserver.com

FOOD

Simple Summer Salad

"This delicious salad is refreshingly simple."



Salad

- 1 Cucumber
- 1 cup Cherry Tomatoes
- 1 Large Carrot
- Cilantro
- 1 green chili
- 1/8 cup walnuts

Dressing

- 1/2 Fresh Lime
- 1 tsp grated ginger
- Salt to taste
- 1 tsp Honey (optional)

Directions

Dressing: Mix all of the dressing ingredients in a small bowl; chill.
Salad: Wash peel and chop the cucumber and carrots into cubes. Chop the cherry tomatoes into halves. Combine the veggies, chopped cilantro and the nuts in a mixing bowl. Add in the dressing and toss well. Serve chilled! You really can add any additions to this that you desire. I sometimes throw in some dried cranberries and some fresh blueberries!

Perfect Grilled Steak

It's the dog days of summer and the best time for a little outdoor chillin' and grillin'.



So what is the secret to barbecuing the perfect steak at home?

El Gaucho Corporate Chef Ken Sharp can offer recipes and helpful tips for finding and preparing a great steak (or shrimp or fish or vegetables!) at home. Here are a couple of his tips:

- To get professional looking crisscross marks: When you turn the meat over, rotate it at a 45° angle. This also ensures that the meat is evenly cooking.
- Check for doneness with the internal temperature, as opposed to color. At El Gaucho, the internal temperatures for the varying degrees of doneness are:
110° = Rare (cool in the center)
120° = Medium Rare (warm in the center)
130° = Medium (pink in the center)
140° = Medium Well (trace of pink)
150° = Well (brown throughout)

Oregon Food Bank's Learning Gardens

Seek volunteers for workshops

Oregon Food Bank's Learning Gardens will host information sessions for volunteers interested in leading workshops for the Seed to Supper program on Tuesday, Aug. 19, and Thursday, Aug. 28, 6 to 7 p.m., 7900 N.E. 33rd Drive in Portland.

OFB Learning Gardens offer the Seed to Supper program to teach people to grow a portion of their own food. The program offers free, volunteer-led gardening workshops to individuals and low-income groups. Topics include garden planning, planting, maintenance, container gardening and more.

Seed to Supper volunteers should be comfortable speaking in front of a group and familiar enough with the workshop topic to answer questions from participants. Oregon Food Bank will provide a workshop outline, slides and handouts for each topic. Volunteers are expected to cover all information provided.

Workshops are taught on weekdays, evenings or weekends.

To sign up for information sessions, contact (503) 439-6510, Ext. 314, or lwaugh@oregonfoodbank.org.

Learning Garden programs

Oregon Food Bank's Learning Gardens offer three programs to address the root causes of hunger through increased nutrition, food security and self-reliance.

- The Cultivating Community program pairs at-risk youth with trained adult volunteers to work together in the garden.
- The Seed to Supper program offers free gardening workshops and cooking classes to individuals and low-income groups.
- The Dig In! program allows community members to help fight hunger by growing nutritious, organic produce to be distributed at hunger-relief agencies.

For more information contact 503-282-0555, Ext. 268, sfarris@oregonfoodbank.org or visit www.oregonfoodbank.org.

Berries Delight

Ingredients:

- 1 1/2 c. graham cracker crumbs
- 1/2 c. sugar
- 1/4 c. sugar
- 2 tbsp. milk
- 3 1/2 c. Cool Whip
- 2 pts. blueberries
- 1/3 c. butter or margarine, melted
- 1 (8 oz.) pkg. cream cheese, softened
- 2 pkgs. Jello vanilla pudding (instant)
- 3 1/2 c. cold milk



Directions:

1. Combine crumbs, 1/4 cup sugar and melted butter. Press firmly into bottom of 13 x 9 inch pan. Chill. Beat cream cheese with 1/4 cup sugar and 2 tablespoons milk until smooth. Fold in half of the Cool Whip.
2. Spread over crust. Arrange blueberries in an even layer. Using 3 1/2 cups cold milk, prepare pudding as directed on package. Pour over berries.
3. Chill several hours or overnight. Shortly before serving, spread remaining whipped topping over pudding. Garnish with additional berries. Chill. Makes 15 servings.

SAFEWAY

Ingredients for life.®

IT'S EASY!

- Earn 10¢ off a gallon when your shopping trips* add up to \$100.
- Then save another 10¢ per gallon for every additional \$100 you spend, and so on. Your Rewards add up!
- You can even earn gas Rewards by buying select gift cards and on prescription purchases. See store for details.

For information about Power Pump Rewards, call 1-877-Safeway or see Customer Service for details. Only with your

Save BIG on Gas

ENJOY with *Menage a Trois*

CLUB PRICE

99¢

lb

EXTREME VALUE

Pork Shoulder Country Style Ribs
Bone-in. Extreme Value Pack. SAVE up to \$1.80 lb.

CLUB PRICE

1.99

lb

Rancher's Reserve® Boneless Beef Chuck Steak
Extreme Value Pack. SAVE up to \$2.50 lb.

BUY 1 GET 1 FREE

Ball Park Beef Franks
14 to 16-oz. Selected varieties. SAVE up to \$4.49 on 2

CLUB PRICE

9.99

lb

Extra Jumbo Cooked Shrimp
21 to 25-ct. Tail-on. Frozen/thawed. SAVE up to \$4.00 lb.

CLUB PRICE

9.99

lb

Super Colossal Sea Scallops
Under 10-ct. Frozen/thawed. SAVE up to \$5.00 lb.

24-Pack Coca-Cola
12-oz. cans. Selected varieties. Plus deposit in Oregon. Club Price: \$5.00 ea.

CLUB PRICE

\$10

2 for

Cheerios
9.5 to 18-oz. Selected varieties. SAVE up to \$4.79 on 2

BUY 1 GET 1 FREE

CapriSun Drinks or Post Honey Bunches of Oats
10/6.75-oz. Selected varieties. 14.5-oz. Cereal. SAVE up to \$2.40

CLUB PRICE

1.99

Aquafina Water
24-pack, 16.9-oz. SAVE up to \$1.55

CLUB PRICE

4.44

Breyers Ice Cream
1.5 to 1.75-qt. Selected varieties. SAVE up to \$6.49 on 2

BUY 1 GET 1 FREE

Lucerne® Shredded or Chunk Cheese
32-oz. Selected varieties. SAVE up to \$4.00

CLUB PRICE

5.99

Lucerne® Large Eggs
18-ct. Grade AA.

BUY 1 GET 1 FREE

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

\$10

5 for

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

CLUB PRICE

11.99

Turn your paycheck into an Only1 Visa® Prepaid Card for FREE! (50.00 Value)

ONLY 1224 5478 0116

PAYCHECK

Get groceries delivered to your home.

Safeway.com

AUGUST

6 7 8 9 10 11 12

WED THUR FRI SAT SUN MON TUE

Prices in this ad good through Aug. 12

LOCALLY GROWN

CLUB PRICE

99¢

lb

Tree Sweetened Yellow Peaches or Nectarines
SAVE up to \$1.80 lb.

LOCALLY GROWN

5 lb. Box

CLUB PRICE

1.99

lb

5-lbs. Fresh Blueberries
\$1.99 lb. for 5 lb. Box only. 5 lb. box price \$3.95 ea. SAVE up to \$8.04 ea.

Summer Produce!

Enjoy absurdly fresh fruits & vegetables.

LOCALLY GROWN

CLUB PRICE

3.99

ea

Red Seedless Watermelon
SAVE up to \$4.00 ea.

LOCALLY GROWN

CLUB PRICE

99¢

lb

Broccoli Crowns
Fresh from Pacific Valley Farms. SAVE up to \$1.00 lb.

LOCALLY GROWN

CLUB PRICE

1.49

lb

Organic Green Beans
Fresh from Montecucco Farms. SAVE up to \$1.00 lb.

I'm locally grown.

CLUB PRICE

3.99

lb

Northwest Sweet Red Cherries
SAVE up to \$3.00 lb.

It's Peak Season!

See store for details!

Prices in this ad are effective 6 AM Wednesday, August 6 thru Tuesday, August 12, 2008 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Washouakum, Coville, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing ephedrine, pseudoephedrine or phenylpropranolamine 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.