

FOOD

Grilling Favorites... Beef Kabobs!



What could be more appetizing for supper than a perfectly portioned skewer of bite-sized, juicy chunks of beef grilled to perfection in less than 15 minutes? Sound like a good idea? Here's how:

To make Classic Beef, Sweet Pepper & Mushroom Kabobs, begin by cutting lean beef top sirloin steak into 1-1/4-inch pieces. The pieces don't have to be perfect cubes - just make sure they're all similar in size - a few rounded edges are OK.

Next, season the beef and vegetables with oregano, garlic and pepper, and then alternately thread them onto skewers. It is important to leave small spaces between the pieces to ensure that they cook evenly. Now, just grill for 7 to 9 minutes over medium heat. That's all there is to it.

Mix the ingredients for the tangy cucumber dipping sauce while the kabobs cook. Serve with lemony iced tea and "dinner on a stick" is ready!

Beef shoulder top blade (flat iron) or beef shoulder center (ranch) steaks, cut 1 inch thick, may be substituted for top sirloin or tenderloin steaks. Eight 12-inch bamboo skewers may be substituted for metal skewers. Soak bamboo skewers in water 10 minutes before using; drain. To prepare on gas grill, preheat grill according to manufacturer's directions for medium heat. Place kabobs on grid as directed above. Grill kabobs, covered, 9 to 11 minutes for medium rare to medium doneness, turning once (do not overcook). Makes 4 servings.

Total preparation and cooking time: 30 to 35 minutes

Classic Beef, Sweet Pepper & Mushroom Kabobs

- 1 pound well-trimmed boneless beef top sirloin or beef tenderloin steaks, (cut one inch thick)
- 8 ounces medium mushrooms
- 2 medium red, yellow or green bell peppers, cut into one inch pieces
- Salt

Seasoning:

- 2 tablespoons olive oil
- 1 tablespoon chopped fresh oregano or crushed dried oregano
- 2 cloves garlic, minced
- 1/2 teaspoon ground black pepper

Cucumber-Yogurt Sauce:

- 1/2 cup plain yogurt
- 1/3 cup finely chopped cucumber
- 2 tablespoons crumbled feta cheese
- 1 clove garlic, minced
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt



Low Carb Pan-Fried Asparagus

"This garlic asparagus dish is a Northern Italian side dish. My family loves it!"

Calories: 191
Total Fat: 18.5 g
Total Carbs: 6g

Ingredients

- 1/4 teaspoon ground black pepper
- 3 cloves garlic, minced
- 1 pound fresh asparagus spears, trimmed
- 1/4 cup butter
- 2 tablespoons olive oil
- 1 teaspoon coarse salt

Directions

1. Melt butter in a skillet over medium-high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter for a minute, but do not brown. 2. Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking

Low Carb Yellow Squash Casserole

"Tender squash, gooey cheese and crunchy crackers make this a memorable side dish or a hearty main course. This is a great dish that can be made with low-fat ingredients and is still just as good!"



Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Place squash and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl.
3. In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in 1/4 cup melted butter, and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.
4. Bake in preheated oven for 25 minutes, or until lightly browned.

Ingredients

- 4 cups sliced yellow squash
- 1/2 cup chopped onion
- 35 buttery round crackers, crushed
- 1 cup shredded Cheddar cheese
- 2 eggs, beaten
- 3/4 cup milk
- 1/4 cup butter, melted
- 1 teaspoon salt
- Ground black pepper to taste
- 2 tablespoons butter

Calories: 196
Total Fat: 14.8 g
Total Carbs: 10.3 g

The Misunderstood Fruit

Some say Tuh-MAY-toh, some say Tuh-MAH-to. Pronunciation doesn't matter when it comes to this fabulous nutritious fruit known as a vegetable.

Tomatoes contain an abundance of nutrient and non-nutrient substances believed to be associated with certain health benefits.

This includes vitamins C, A, K, potassium, fiber and the phytochemical lycopene. Lycopene gives tomatoes their red color.

The redder the tomato, the more lycopene it contains. Research indicates Lycopene helps in mitigating Prostate Cancer.



Lycopene is fat soluble, which means that when tomatoes are consumed with small amounts of oil, the lycopene is more readily absorbed into the body, increasing the healthful effects of tomatoes.

Lutein, Lycopene, Quercetin, Taurine, Beta Carotene, are primary antioxidants that prevent and slow down the progression of eye disease. The carotenoids lutein and lycopene also reduce the risk of heart disease and cancer.

Processed tomato products contain more nutrients than fresh tomatoes due to higher concentration levels in a small amount of product.

SAFEWAY

Ingredients for life.

4.99 lb

Rancher's Reserve® Beef Ribeye or New York Steak

Home-cured, Dry Brined Beef Tri-Tip Steak, Extreme Value Pack, \$5.99 lb. SAVE up to \$6.50 lb.

1.29 lb

80% Lean Ground Beef

20% Fat, Extreme Value Pack. SAVE up to \$2.00 lb.

99¢ lb

Safeway Chicken Thighs, Drumsticks or Leg Quarters

Grade A, Fresh. SAVE up to 30¢ lb.

6.99 lb

Fresh Atlantic Salmon Fillets

Farm Raised, Color Added. SAVE up to \$2.00 lb.

9.99 lb

Large King Crab Legs & Claws

16 to 20 size. Cooked, Frozen/Thawed. SAVE up to \$5.00 lb.

1 FREE

Dulcinea Pureheart™ Seedless Watermelon

SAVE up to \$4.99 on 2

1 FREE

Fresh 12-oz. Blackberries or Red Raspberries

SAVE up to \$4.99 on 2

2.99 ea

Whole Gold Pineapple

SAVE up to \$2.00 ea.

1.99 lb

Organic Yellow Peaches or Nectarines

Or Whole Organic Peaches or Nectarines at \$2.49 lb. SAVE up to \$1.40 ea.

2.99 lb

Organic Heirloom Tomatoes

SAVE up to \$4.20 lb.

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Prices in this ad good through **September 2nd**

Prices in this ad are effective 6 AM Wednesday, August 27 through Tuesday, September 2, 2008 in all Safeway stores in Oregon (except Milken Freezer) and S.W. Washington stores serving Walla Walla, Couville, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Some products containing up to 10% off the regular price. Some advertised prices may be 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 for resale. Liquor sales at licensed Safeway stores only. © 2008 Safeway Inc. Availability of items may vary by store.