

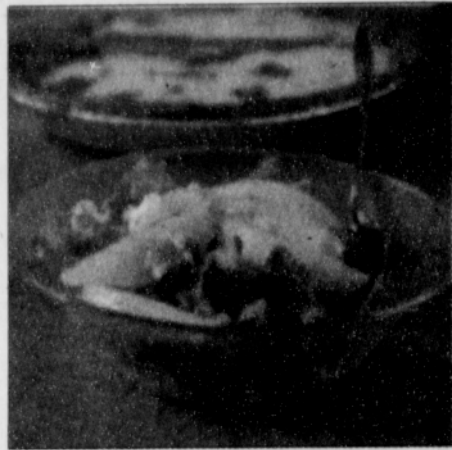
FOOD



"May I suggest ... a simply sumptuous salad?"

Caramelized Pears and Walnuts Salad

"An amazing blend of different flavors in this salad will impress your guests. The salad dressing is orange vinaigrette. I prefer to use Asian pears in this salad, but you can substitute Bosq or Anjou."



Ingredients

- 2 cups fresh orange juice
- 2 Tbs. red wine vinegar
- 2 Tbs. finely chopped red onion
- 1 Tbs. white sugar
- 1 Tbs. white wine
- Salt and pepper to taste
- 3/4 cup extra virgin olive oil
- 1 Tbs. butter
- 2 pears - peeled, cored and cut into wedges
- 1 cup walnut halves

- 1/2 cup white sugar
- 1/4 cup water
- 1/4 pound Prosciutto, cut into thin strips
- 2 romaine hearts, rinsed and torn

Directions

1. In a medium saucepan, heat orange juice over medium-high heat, whisking often, until it is reduced by 1/4.
2. Add to a blender, along with the vinegar, onion, sugar, wine, salt and pepper, and process until smooth. Then, while blending on a low speed, remove cap and slowly drizzle in the olive oil to emulsify (thicken) the dressing. Chill until ready to use.
3. Melt butter in a non-stick skillet over medium heat. Sauté pears and nuts in butter for 3 minutes. Add sugar and water and cook, stirring constantly, until golden brown and caramelized. Remove from heat and set aside to cool.
4. In a large bowl, combine Prosciutto, lettuce and the pear and walnut mixture. Add vinaigrette and toss to coat.



Delicious Apple Salad

"This salad is great after dinner. It's become a classic in my house. Everyone enjoys it, and you'll love it too! I like to also add Craisians and walnuts for even more flavor."

Ingredients

- 10 Granny Smith apples - peeled, cored and chopped
- 2 (8 ounce) cans pineapple chunks
- 2 cups raisins
- 1 cup chopped pecans
- 20 ounces sour cream
- 1 teaspoon granulated sugar

Directions

Combine the apples, un-drained pineapple, raisins, pecans and sour cream. Mix well and add sugar to taste. Serve chilled.

Spinach and Scallop Salad

Salad Ingredients

- 2 Tbs. olive oil
- 4 large shallots, chopped
- 1 bunch green onions, chopped
- 1/2 cup pine nuts
- 1/2 cup dried tomatoes in oil, drained and chopped
- 1 Tbs. minced garlic
- 1/2 tsp. salt, divided
- 1/2 tsp. freshly ground pepper, divided
- 16 large sea scallops (about 1 pound)
- 2 Tbs. fresh lemon juice
- 2 (6-ounce) packages fresh baby spinach



Salad Directions

1. Heat oil; in a large nonstick skillet over medium heat. Add shallots and next 4 ingredients; cook 15 minutes or until pine nuts are golden brown. Remove from heat; stir in 1/4 teaspoons each salt and pepper.
2. Combine scallops and lemon juice. Coat food rack with cooking spray; place on grill over medium-high heat. Place scallops on rack, and grill 5 minutes on each side or until done. Sprinkle with remaining 1/4 teaspoon each salt and pepper.
3. Combine spinach and 1 cup Balsamic-Lemon Vinaigrette in a large bowl,

tossing to coat. Reserve remaining vinaigrette; for another use. Arrange spinach mixture and scallops on plates. Sprinkle with pine nut mixture.

Balsamic-Lemon Vinaigrette

Vinaigrette Ingredients

- 2 cups olive oil
- 1/3 cup fresh lemon juice
- 1/4 cup balsamic vinegar
- 1 Tbs. prepared mustard
- 1 tsp. Salt
- 1 tsp. Freshly ground pepper

Vinaigrette Directions

Combine all ingredients in a jar; cover tightly, and shake vigorously.

SAFeway

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My PDC Story:

"PDC gave us so much information during our homebuying process. They worked with us on our payment and even got us closing assistance. Everything went so smoothly - an amazing experience. Thank you PDC."

Charode and Jene Johnson, Homeowners

PDC
PORTLAND DEVELOPMENT COMMISSION

K103

The Johnson Family is home for the holidays. To learn more about PDC's home loan and home buyer assistance programs, contact PDC at 503.823.3400 or go to www.pdc.us.

Prices in this ad are effective 6 AM Wednesday, November 19 thru Thursday, November 27, 2008 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington above saving Washouak, Crowitz, 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. Manufacturer's coupons may be used on purchased items only - not on free items. Limit one coupon per purchase. Retailer. 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.