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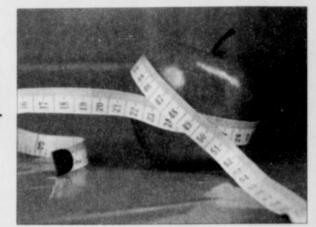
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FOOD

Casseroles Under 300 Calories

Bake a piping hot casserole with tasty fillings that won't round out your waistline.





"This hearty and delicious casserole works great as a main dish. Calories: 293"

Bacon Cheeseburger Casserole Ingredients

- 6 bacon slices
- 1 cup chopped onion
- · 2 garlic cloves, minced
- 1 (32-ounce) package frozen Southern-style hash brown potatoes
- 1 cup (4 ounces) shredded Four-Cheese blend, divided
- 1/2 cup chopped green onions
- 1/2 cup fat-free sour cream
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 1(10.75-ounce) can condensed 30% reduced-sodium, 98% fatfree cream of mushroom soup, undiluted
- · Cooking spray

Directions

1. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, and crumble. Discard drippings in pan. Add 1 cup onion and garlic to pan; cook for 5 minutes or until tender, stirring frequently. Stir in the potatoes; cover and cook for 15 minutes, stirring occasionally.

2. Combine crumbled bacon, 1/4 cup cheese, green onions, sour cream, salt, pepper, and soup in a large bowl. Add potato mixture; toss

gently to combine. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with remaining 3/4 cup cheese. Cover with foil coated with cooking spray. Refrigerate 8 hours or overnight.

3. Preheat oven to 350°

4. Remove casserole from refrigerator; let stand at room temperature 15 minutes. Bake casserole, covered, at 350° for 30 minutes. Uncover and bake an additional 30 minutes or until bubbly around edges and cheese begins to brown.

Eggplant Parmesan

"Get low-calorie Italian without sacrificing an ounce of flavor. Calories: 298"

Ingredients

- · 1/2 cup dry white wine
- · 1 Tbs. dried basil
- · 1 Tbs. dried oregano
- 4 (8-ounce) cans no-salt-added tomato sauce
- 1 (28-ounce) can no-salt-added whole tomatoes, un-drained and chopped
- 1 (6-ounce) can tomato paste
- · 2 garlic cloves, minced
- 2 (1-pound) eggplants cut crosswise into 1/4inch slices



- 1/4 cup water
- · 3 egg whites, lightly beaten
- 1 1/4 cups Italian-seasoned breadcrumbs
- 1/4 cup grated Parmesan cheese
- · Vegetable cooking spray · 3 cups (12 ounces) shredded part-skim
- mozzarella cheese
- · Fresh oregano sprigs (optional)

Directions

- 1. Combine first 7 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes.
- 2. Place eggplant in a large bowl; add water to cover, and let stand 30 minutes. Drain well; blot dry with paper towels. Combine 1/4 cup water and egg whites in a shallow bowl. Combine breadcrumbs and Parmesan cheese; stir well. Dip eggplant in egg white mixture, and dredge in breadcrumb mixture.
- 3. Place half of eggplant on a baking sheet coated with cooking spray, and broil 5 minutes on each side or until browned. Repeat procedure with remaining eggplant. Set eggplant aside.
- 4. Spread half of tomato mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange half of eggplant over sauce; top with half of mozzarella cheese. Repeat layers with remaining sauce, eggplant, and cheese.
- 5. Bake at 350° for 30 minutes or until bubbly. Let stand 5 minutes before serving. Garnish with fresh oregano sprigs, if desired.

Chicken and Broccoli Casserole



"This lightened up version of the popular chicken divan features a rich cream sauce, tender chicken and crisp broccoli florets. Calories: 276 "

Ingredients

- 3 quarts water
- 1 (12-ounce) package broccoli florets • 4(6-ounce) skinless, boneless chicken breast
- 1 (12-ounce) can evaporated fat-free milk • 1/4 cup all-purpose flour (about 1 ounce)
- 1/4 tsp. salt
- · Dash of nutmeg

- 1/4 tsp. freshly ground black pepper
- **Directions**

- 1 cup fat-free mayonnaise • 1/2 cup fat-free sour cream
- 1/4 cup dry sherry
- 1 tsp. Worcestershire sauce
- 1(10.75-ounce) can condensed 30% reducedsodium 98% fat-free cream of mushroom soup, undiluted
- 1 cup (4 ounces) grated fresh Parmesan cheese, divided
- Cooking spray
- 1. Preheat oven to 400°.
- 2. Bring water to a boil in a large Dutch oven over medium-high heat. Add broccoli, and cook 5 minutes or until crisp-tender. Transfer broccoli to a large bowl with a slotted spoon. Add chicken to boiling water; reduce heat, and simmer 15 minutes or until done. Transfer chicken to a cutting board; cool slightly. Cut chicken into bite-sized pieces, and add chicken to bowl with broccoli. 3. Combine evaporated milk, flour, salt, pepper, and nutmeg in a saucepan, stirring with a whisk
- until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly. Remove from heat. Add mayonnaise, next 4 ingredients (through soup), and 1/2 cup cheese, stirring until well combined. Add mayonnaise mixture to broccoli mixture; stir gently until combined.

4. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray. Sprinkle with remaining 1/2 cup cheese. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven; let cool on a wire rack 5 minutes.

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