FOOD

Steak Marinade

Ingredients

- 1 bottle Wish Bone
- Italian dressing
- 2 tbsp. honey
- 2 tbsp. mustard • 4 tbsp.

Worcestershire

sauce

• 1 tsp. garlic salt

Directions

Marinate your favorite steaks overnight.



Mustard-Marinated Steak

Ingredients

- 2 lbs. of your favorite steak
- 2 tbsp. lemon juice
- 2 tbsp. oil
- 1 tbsp. Dijon mustard
- 1/4 tsp. pepper
- 2 tbsp. water

Directions

- 1. Pierce beef on both sides with fork. Place beef in glass or plastic dish.
- 2. Mix lemon juice, oil, mustard and pepper; pour over beef. Cover and refrigerate, turning occasionally, at least 4 hours.
- 3. Place beef or rack in broiler pan; reserve marinade. Set oven to broil or 550 degrees.
- 4. Broil beef with top about 3" from heat until medium doneness, about 10 minutes on
- 5. Heat reserved marinade and water to boiling in 1 quart saucepan, stirring occasionally; pour over beef.



Parmesan Baked Alaska Cod

Ingredients

- 3 tbsp. each flour and corn meal
- 1/4 tsp. onion powder
- 1/8 tsp. pepper
- 1/8 tsp. garlic salt · 2 tbsp. butter or margarine
- · 1 lb. Alaska cod fillets, thawed if necessary
- 1/4 cup grated Parmesan cheese

Directions

- 1. Combine flour, corn meal, half of the Parmesan cheese and seasonings.
- 2. Melt butter in shallow baking dish. Dredge cod in flour mixture; place in dish.
- 3. Turn cod to coat with butter; sprinkle with the rest of the Parmesan cheese. 4. Bake at 450 F 8 to 10 minutes or until cod flakes easily when tested with a fork
- NOTE: Recipe can be used with seafood or chicken

Smothered Green Beans

Ingredients

- · 6 thick slices bacon, chopped
- 1/2 cup onions, minced · 1 teaspoon minced garlic
- · 1 pound fresh green beans, trimmed
- 1 cup water
- 1/8 teaspoon salt
- · 1 pinch ground black pepper

Directions

1. Place bacon in a large, deep skillet. Cook over medium high heat until the fat begins

- 2. Stir in onions and garlic; let cook for 1 minute. Stir in beans and water.
- 3. Let the beans cook until the water has evaporated and the beans are tender.
- 4. If the beans are not tender once the water has evaporated, add a small amount more water and let them cook until tender.
- 5. Season with salt and pepper (to taste) and serve.

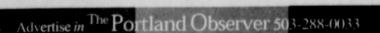
Ice Cream Sandwiches

Ingredients

- 1 (18.25 ounce) package chocolate cake mix or use your favorite cookie dough prepared as directed · 1 quart of your favorite ice cream,
- softened

Directions

- 1. Preheat oven to 350 degrees F (175 degrees C).
- 2. Grease a cookie sheet. Mix cake mix according to package directions, omitting the eggs.
- 3. Drop by large spoonfuls onto cookie sheet, mixture should be about the consistency of brownie
- 4. Bake 15 minutes in the preheated oven, or until cookies spring back when touched lightly in center. Cool completely.
- 5. To assemble, put a scoop of softened ice cream in the center of a cookie.
- 6. Top with a similarly-sized cookie, wrap in plastic wrap, and gently press down to flatten out ice cream scoop. Freeze until serving.



SAFEWAY (Ingredients for life.





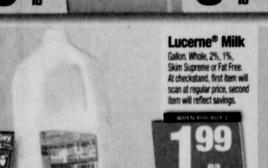


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