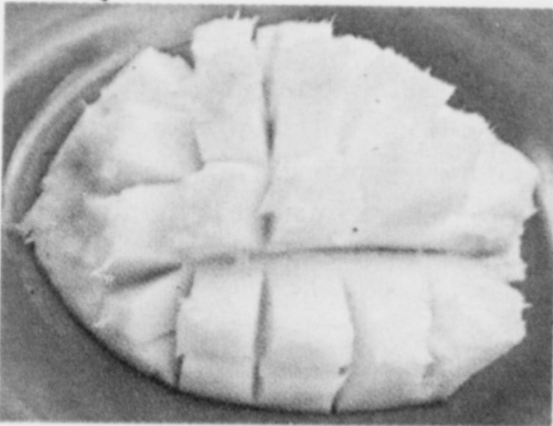


FOOD

Cut Mango

Photodisc, Inc.

The delicious and juicy mango has long been one of the world's most popular fruits. The fruit's flavor is often described as an exotic mix of pineapple and peach. Mangoes are available from April to September, but June and July usually offer the best pick and prices.



Thought to be native to India, mangoes have been cultivated for more than 4,000 years. The tree is related to the pistachio and cashew and grows to an average of 50 feet in height. Each tree produces about 100 mangoes. If you haven't tried a fresh mango, you're in for a treat!

When buying a mango, make sure it has a tropical fruity aroma; unripe mangoes have no scent. A fresh mango will give slightly to the touch, but stay away from very soft or bruised fruit. Some mangoes ripen to a combination of raspberry, orange and green shades, while other varieties are golden yellow or green when ripe. If your mangoes aren't quite ripe, storing them in a paper bag for a few days will help them along. The size can vary, but larger mangoes will have more fruit in relation to the pit.



Shrimp and Mango Salad

BY DIANA RATTRAY, ABOUT.COM GUIDE

Serve this grilled shrimp salad on a bed of mixed greens. Scroll down to see more shrimp recipes.

Ingredients:

- 2 large firm mangoes, peeled & shredded
- 3 tablespoons thinly sliced green onions
- 1/3 cup lime juice
- 2 tablespoons fish sauce, or use soy sauce if necessary
- 1 teaspoon sugar
- 1 small clove garlic, minced
- 1 small hot chile, such as serrano, seeded, minced
- 1 pound shrimp, (25 to 30 per pound)
- 2 cups greens
- lime slices, for garnish

Preparation:

1. Combine green onions, lime juice, fish sauce, sugar, garlic, and chile in a bowl. Mix in shredded mango. Chill while preparing shrimp.
2. Shell and devein shrimp and rinse well; divide into 4 portions. Thread 1 portion onto a slender metal skewer. Run a second skewer through shrimp 1/2 to 1 inch from the first skewer, to keep them flat. Repeat with remaining shrimp.
3. Grill shrimp on a medium hot grill, covered, for about 3 minutes on each side, or until opaque but still a bit moist in the center of thickest parts.
4. Place greens on a platter; mound mango mixture onto the greens using a slotted spoon. Place shrimp over the mango salad and garnish with lime slices, if desired.

SAFEWAY

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1.49 lb

Rancher's Reserve® Boneless Beef Round Steak
Extreme Value Pack
Or Bottom Round Roast \$1.99 lb
SAVE up to \$3.00 lb



1.59 lb

80% Lean Ground Beef
Or 85% Lean \$1.99 lb
Extreme Value Pack
SAVE up to \$1.40 lb



4.99 lb

Large Raw Shrimp
31 to 40-ct. Or 51 to 60-ct.
Cooked Shrimp. Sold in a 2-lb. bag.
Random weight \$5.99 lb.
Frozen/thawed.



1.99 lb

Whole Boneless Fresh Pork Loin
Sold in the bag
SAVE up to \$2.00 lb



1.99 lb

Eating Right™ Boneless Skinless Chicken Breasts or Thighs
Or Tender or Thin Sliced \$2.49 lb
SAVE up to \$1.00 lb



78¢ lb

Sweet Fuji Apples
SAVE up to \$1.21 lb
CLUB PRICE



2.99 lb

Sweet Bing Cherries
Innocent
SAVE up to \$4.00 lb



2 \$4 for

Fresh Express Salads
4.5 to 12-oz. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$1.98 on 2 Or Eating Right™ Salads at 2 for \$3.



2 \$1 for

Large Tropical Mangos
Club Price: 50¢ ea.
SAVE up to \$2.98 on 2



1.99 ea

When you buy 2

Lucerne® Milk
Gallon, Whole, 2%, 1%
Skim Supreme or Fat Free
At checkstand, first item will scan at regular price, second item will reflect savings.



BUY 1 GET 1 FREE

Quaker Instant Oatmeal
10.9 to 16.2-oz.
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Selected varieties
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SAVE up to 90¢ on 10



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BUY 1 GET 1 FREE

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18.6 to 18.8-oz.
Selected varieties.
SAVE up to \$2.49 on 2



BUY 1 GET 1 FREE

Doritos Tortilla Chips
11.5 to 14.5-oz.
Selected varieties



1.89

Hostess Twinkles
100 Calorie Packs
Selected sizes and varieties.
SAVE up to \$2.00.



1.89

Hostess Multi-packs or 100 Calorie Packs
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SAVE up to \$2.00.



6.99

Safeway SELECT® Party Size Meals
8 1/2 to 16-oz.
Selected varieties.
Limit 1.
SAVE up to \$2.99
CLUB PRICE

THIS WEEKEND ONLY
SATURDAY & SUNDAY ONLY!

1.99 ea

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6 to 8-oz. Selected varieties.
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CLUB PRICE

78¢ lb

Sweet Fuji Apples
SAVE up to \$1.21 lb
CLUB PRICE

2.99

Hostess Tray Packs
12 to 15-oz.
Selected varieties.
SAVE up to \$2.00

1.89

Hostess Multi-packs or 100 Calorie Packs
Selected sizes and varieties.
SAVE up to \$2.00.

6.99

Safeway SELECT® Party Size Meals
8 1/2 to 16-oz.
Selected varieties.
Limit 1.
SAVE up to \$2.99
CLUB PRICE

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Mix & Match

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