

FOOD

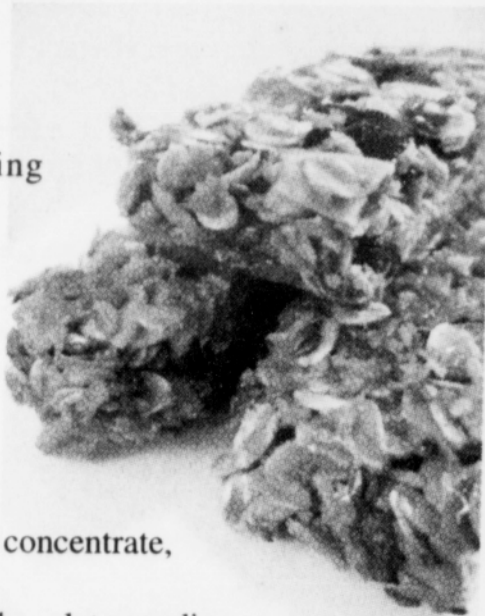
Healthy Snack Recipes

Recipes by: BetterRecipes.com

Tahoe Trail Mix

Ingredients

- 1 cup bran flakes
- 1 1/2 cups corn flakes
- 1/2 cup quick cooking oatmeal
- 1/2 cup dark raisins or dried cranberries
- 1/2 cup sliced almonds
- 1/4 cup flaked coconut, optional
- 1 teaspoon ground cinnamon
- 1/3 cup frozen apple juice concentrate, thawed
- 1/2 cup peanut or plain chocolate candies



Method

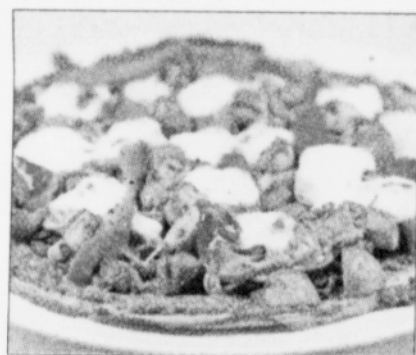
• Preheat oven to 300 degrees. In a large bowl, mix together all ingredients except candy. Spread mixture on a large baking sheet or roasting pan. Bake 20 minutes, stirring halfway through, or until mixture is crispy and golden. Cool and add candy. Store mix in an airtight container

** If you don't like raisins or cranberries, use your favorite dried fruit

Simple Spinach Pizza

Ingredients

- Whole wheat flatbread
- Tomato sauce
- Fresh cloves garlic, crushed
- Fresh baby spinach
- Shredded mozzarella cheese
- Turkey pepperoni slices



Method

Take flatbread and pour tomato sauce on and spread it out. Take crushed garlic and spread out over sauce, as much or as little to your taste. Cover with fresh spinach then with mozzarella cheese. Place turkey pepperoni on top of cheese. Bake in a preheated oven at 375 degrees for about 10 minutes, or until cheese is melted.

Healthy Banana Split Fruit Salad

Ingredients

- 2 large bananas
- 4 cups low fat cottage cheese
- 1/2 cup walnuts or pecans
- 1/3 cup raisins
- 1 mango
- 1 cup fresh pineapple, sliced
- 1 cup fresh strawberries
- 2/3 cup wheat germ or ground flax seed



Method

Makes two large salads or four smaller ones. Slice bananas in half lengthwise. Place on plates forming an oval. In center of bananas, place cottage cheese, 1/4 cup at a time. Place pineapple slices around bananas. Peel mango and cut into pieces. Arrange around bananas. To peel mango, take a fork and insert it into mango next to seed, then slice mango into quarters through the skin. Peel mango and cut into fruit for serving. Add nuts to top and sides of plate. Sprinkle flax seed or wheat germ over top of cottage cheese. Wash strawberries and add to plate then top everything off with a sprinkle of raisins

SAFEWAY

Ingredients for life.®

69¢ lb Foster Farms Fresh Whole Chicken
Locally grown. Or Split at 99¢ lb. Limit 3. SAVE up to 60¢ lb.

2.99 12-Pack Coca-Cola zero
12-oz. cans. Selected varieties. Plus deposit in Oregon. Regular Club Price: \$5.29 ea.

5 Jennie-O Turkey Store Lean Ground Turkey
20-oz. Regular or gluten. Club Price: \$2.59 ea.

1.99 lb Rancher's Reserve® Boneless Beef Bottom Round or Tip Roast
Or Bottom Steak or Tip Steak. Extreme Value Pack at \$2.49 lb. SAVE up to \$2.50 lb.

99¢ lb Pork Shoulder Blade Whole
Bone-In. Sold Whole in the Bag. Or Roast \$1.29 lb. SAVE up to \$1.00 lb.

1.99 Marie Callender's or Healthy Choice Meals
8.5 to 21-oz. Selected varieties. SAVE up to \$11.00 on 5

5.99 lb Fresh Atlantic Salmon Fillets
Farm raised. Color added. Under 2-lbs. \$6.99 lb.

57¢ lb Juicy Navel Oranges
High in Vitamin C! SAVE up to 92¢ lb.

3.99 DiGiorno Pizza
12.6 to 32.7-oz. Selected varieties. Limit 1. SAVE up to \$2.00

1.98 ea Fresh Express or Eating Right™ Salad Kits
6.5 to 14-oz. Selected varieties. SAVE up to \$1.31 ea.

98¢ lb Fresh Broccoli Crowns or Cauliflower
SAVE up to \$1.21 lb.

2.99 Honey Maid or Nabisco Oreo
5 to 18-oz. Selected varieties. Club Price: \$2.50 ea.

1.11 Progresso Traditional or Rich & Hearty Soup
18.5 to 19-oz. Selected varieties. SAVE up to \$1.38

2.94 Minute Maid Orange Juice
64-oz. Cooled. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$1.99 on 2

2.95 Nabisco Oreo or Honey Maid
5 to 18-oz. Selected varieties. Club Price: \$2.50 ea.

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JANUARY

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WED THUR FRI SAT SUN MON TUE

Prices in this ad good through January 19th. ALL LIMITS ARE PER HOUSEHOLD, PER DAY.

Prices in this ad are effective 5 AM Wednesday, January 13 thru Tuesday, January 19, 2010 at all Safeway stores in Oregon except Metro-Pleasant and 5th & Washington during serving hours. Costco, Kirk Signature and Member's Choice items offered for sale are not available to other members or nonmembers. Some items may be available in some stores. Quantity limits apply. SOME ADVERTISING ITEMS MAY NOT BE AVAILABLE AT ALL STORES. Some advertised prices may be even lower in some stores. Or 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 size items, 2 only 1 single item purchased, the regular price applies. Manufacturer's coupons may be used on purchased items only and on their terms. 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 50 gallons. No liquor sales for resale. Liquor sales at selected Safeway stores only. © 2010 Safeway Inc. Availability of items may vary by store.

THIS WEEKEND ONLY

SATURDAY & SUNDAY ONLY!

5 Jennie-O Turkey Store Lean Ground Turkey
20-oz. Regular or gluten. Club Price: \$2.59 ea.

1 Hass Avocados
Imported. Club Price: 99¢ ea. SAVE up to 92¢ ea.

1.49 Fat Tire Beer
12-oz. cans. Club Price: \$1.99 ea.

1.49 12-Pack Deschutes or New Belgium
12-oz. cans. Selected varieties. Limit 1. Plus deposit in Oregon.

3 Rice Krispies
12-oz. boxes. Club Price: \$3.99 ea.

3 Kelllogg's Fruit Loops
12-oz. boxes. Club Price: \$3.99 ea.

2.88 Safeway Refreshe Water
24-pack, 16.9-oz. bottles. Plus deposit in Oregon.