

FOOD

Healthy Recipes
Recipes by:
www.eatingwell.com

Grilled Chicken with Chipotle-Orange Glaze

Ingredients

- 1 1/2 teaspoons balsamic vinegar
- 1 teaspoon molasses
- 1/2 teaspoon Dijon mustard
- 1.5 teaspoons finely chopped chipotle chiles in adobo sauce, (see Note)
- 1 tablespoon orange juice concentrate, thawed
- 2 boneless, skinless chicken breasts, trimmed of fat (8 ounces)
- 1/8 teaspoon salt



Directions

1. Preheat grill or broiler to high. Lightly oil the rack.
2. Whisk orange juice concentrate, chiles, vinegar, molasses and mustard in a small bowl.
3. Sprinkle chicken with salt. Grill or broil the chicken for 2 minutes. Turn the chicken, brush with the chipotle-orange glaze, and cook, brushing occasionally with more of the glaze, 4 minutes more. Turn the chicken again, brush with the glaze, and cook until no longer pink in the middle, 2 to 5 minutes more.

Chili-Rubbed Steaks & Pan Salsa

Ingredients

- 8 ounces 1/2-inch-thick steaks, such as rib-eye, trimmed of fat and cut into 2 portions
- 1 teaspoon chili powder
- 1/2 teaspoon kosher salt, divided
- 1 teaspoon extra-virgin olive oil
- 2 plum tomatoes, diced
- 2 teaspoons lime juice
- 1 tablespoon chopped fresh cilantro



Preparation

1. Sprinkle both sides of steak with chili powder and 1/4 teaspoon salt. Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.
2. Add tomatoes, lime juice and the remaining 1/4 teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve the steaks topped with the salsa.

Grilled Dark Chocolate Sandwich

Ingredients

- 1/4 cup fat-free evaporated milk
- 3 ounces bittersweet chocolate, finely chopped
- 1 1/2 tablespoons butter, softened
- 8 slices thin whole-wheat or white sandwich bread
- 3 tablespoons bittersweet or semisweet chocolate chips
- 2 tablespoons chopped toasted hazelnuts, (optional)

Preparation



1. Heat evaporated milk just until boiling. Add chocolate, let stand for 1 minute, then whisk until smooth. Let cool slightly.
2. Spread butter on one side of each slice of bread. Divide the chocolate mixture on the unbuttered side of 4 slices, leaving a little border. Press chocolate chips and nuts, if using, into the chocolate. Cover with the remaining slices of bread, buttered-side up, and press lightly.
3. Cook the sandwiches in a large nonstick skillet over medium-high heat for 1 to 2 minutes. Turn over, press with a spatula, and cook until nicely browned and the chocolate is barely melted, 30 seconds to 1 minute. Serve warm.

SAFEWAY

Ingredients for life.™

99¢

Club Card Savings!

<p>Pork Loin Half Sliced Rib Bone-in. Or Sirloin Half Sliced \$1.49 lb. SAVE up to \$2.00 lb.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">99¢ lb</p>	<p>80% Lean Ground Beef 5-lb. Chub. Sold in a Chub at \$4.95 ea. SAVE up to \$7.50 lb.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">99¢ lb</p>
<p>Safeway Chicken Split Breast, Thighs, Drumsticks or Leg Quarters Grade A. Fresh. SAVE up to 30¢ lb.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">99¢ lb</p>	<p>Safeway Whole or Shank Half Ham Bone-in. White Supplies Last. SAVE up to \$1.20 lb.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">99¢ lb</p>
<p>Fresh Broccoli Crowns SAVE up to \$1.00 lb.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">99¢ lb</p>	<p>Red Delicious or Braeburn Apples SAVE up to \$1.00 lb.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">99¢ lb</p>
<p>1-lb. Strawberries Great with Angel Food Cake! SAVE up to \$2.00 ea.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">1.99 ea</p>	<p>Fresh Express Shreds, Spinach or Green & Crisp Salads 8 to 12-oz. packages. Selected varieties. SAVE up to \$1.30 ea.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">99¢ ea</p>

BUY 4 Save \$4

MIX & MATCH SALE

Look for Buy 4 Save \$4 tags on participating items.

<p>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.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">1.99 ea</p> <p style="text-align: center; font-size: 0.8em;">When you buy 2</p>	<p>Lay's Potato Chips 10.5 to 11-oz. Selected varieties. SAVE up to \$3.99 on 2</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">1.00 ea</p> <p style="text-align: center; font-size: 0.8em;">when you buy any 4. Single item club price: 12¢</p>	<p>Northern Bath Tissue or Brawny Paper Towels 12-Roll Bath or 6 Big or 8-Roll Towels. SAVE up to \$2.00</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">6.99 ea</p> <p style="text-align: center; font-size: 0.8em;">when you buy any 4. Single item club price: 12¢</p>
<p>Maxwell House or Yuban Coffee 10.5 to 12-oz. Selected varieties. SAVE up to \$3.26</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">1.99 ea</p>	<p>Columbia-Crest, Yellow Tail or Korbel 750-ml. Columbia-Crest, Korbel or 1.5-lb. Yellow Tail. Selected varieties.</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">8.99 ea</p>	<p>18-Pack Coors, Bud or Miller 12-oz. bottles. Selected varieties. Plus deposit in Oregon. SAVE up to \$5.00</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">11.99 ea</p> <p style="text-align: center; font-size: 0.8em;">when you buy any 4. Single item club price: 15¢</p>

THIS WEEKEND ONLY

SATURDAY & SUNDAY ONLY!

Limit 2

0

ORGANICS

Four Cheese

2.99

Safeway SELECT® or Organic® Pizzas
6.1 to 9.7-oz. Selected varieties. SAVE up to \$1.50. CLUB PRICE

1.99

Breyers Ice Cream or Klondike Novelties
4.5-oz. or 8 to 6-oz. Selected varieties. SAVE up to \$1.50. CLUB PRICE

88¢

2-Liter 7-UP
Selected varieties. Plus deposit in Oregon. CLUB PRICE

4.99

AquaStar Large Cooked White Shrimp
41 to 50-oz. 16-oz. 1-6-oz. Bag Frozen. CLUB PRICE

88¢

Pepperidge Farm Goldfish Crackers
11.6 to 8-oz. Selected varieties. CLUB PRICE

Thousands of EVERYDAY LOW PRICES... You can count on!

PLUS WE'VE GOT GREAT CLUB CARD SPECIALS

JANUARY

20 21 22 23 24 25 26
WED THUR FRI SAT SUN MON TUE

Prices in this ad good through January 26th ALL LIMITS ARE PER HOUSEHOLD, PER DAY

Prices in this ad are effective 6 AM Wednesday, January 20 thru Tuesday, January 26, 2010, in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Waiilatama, Clatsop, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing ephedrine, pseudoephedrine or phenylpropanolamine 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. Manufacturers' coupons may be used on purchased items only — not on free items. 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 52 gallons. No liquor sales for resale. Liquor sales at licensed Safeway stores only. © 2010 Safeway Inc. Availability of items may vary by store.