

FOOD

Recipes Courtesy of Jenny Craig

Italian Chicken Rolls

Ingredients

- 6 (4oz) skinned, boned chicken breast halves
- 1/2 cup chopped commercial roasted red pepper
- 1/3 cup light processed cream cheese, softened
- 3/4 cup crushed corn flakes cereal
- 3 Tbls chopped fresh parsley
- 6 fresh thyme sprigs (optional)
- vegetable cooking spray
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 cup pesto
- 1/2 tsp paprika



Directions

1. Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a meat mallet or rolling pin. Sprinkle with salt and 1/4 teaspoon pepper; set aside.
2. Combine red pepper, cream cheese, and pesto in a small bowl, stirring until smooth. Spread cheese mixture evenly over chicken breasts. Roll up, jellyroll fashion; and secure with wooden picks.
3. Combine crushed cereal, parsley, and paprika. Dredge chicken in cereal mixture. Place in an 11-x 7-x 1 1/2-inch baking dish coated with cooking spray. Bake, uncovered, at 350 degrees for 35 minutes; let stand 10 minutes. Remove wooden picks from chicken, and slice each roll into 6 rounds. Garnish with thyme sprigs, if desired.

Makes 6 servings (Per Serving: 1 Starch, 3 Meat, 1 Fat, 1 Free. Calories 253, Carbohydrate 12.1g, Protein 29.7g, Fat 9g, Cholesterol 75mg, and Sodium 506mg)

Mini Beef Wellingtons

Ingredients

- 8 small beef tenderloin steaks, cut 1-inch thick (about 4 oz. each)
- 1 lb mushrooms, finely chopped
- 6 Tbls green onions, finely chopped
- 1/2 tsp dried thyme leaves, crushed
- 12 phyllo dough sheets, defrosted
- 6 Tbls dry red wine
- 4 Tbls olive oil
- 1 tsp salt
- 1 tsp pepper
- cooking spray



Directions

1. Heat oven to 425°F.
2. Heat oil in large non-stick skillet over medium heat until hot. Add mushrooms; cook and stir 5 minutes or until tender.
3. Add wine; cook 2-3 minutes or until liquid is evaporated.
4. Stir in green onions, thyme, 1/4 teaspoon salt and 1/8 teaspoon pepper. Remove from skillet; cool completely.
5. Heat same skillet over medium heat until hot. Place steaks in skillet; cook 3 minutes turning once. (Steaks will be partially cooked. Do not overcook.)
6. Season with salt and pepper, as desired.
7. Create 2 stacks of 6 phyllo sheets on flat surface, spraying each sheet thoroughly with cooking spray.
8. Cut stacked sheets lengthwise in half, then crosswise in half, making 8 equal stacks.
9. Place about 2 tablespoons mushroom mixture in center of each phyllo stack, spreading mixture to diameter of steaks. Place steaks on mushroom mixture.
10. Bring all 4 corners of each phyllo stack together; twist tightly to close. Lightly spray each bundle with cooking spray; place on greased baking sheet.
11. Immediately bake in 425°F oven 9 to 10 minutes or until golden brown. Let sit for 5 minutes. Serve immediately.

Makes 8 servings (Per Serving: 1 Starch, 4 Meat, 1 Fat. Calories 328, Carbohydrate 18g, Protein 27g, Fat 14g, Cholesterol 71mg, and Sodium 341mg)

SAFEWAY

Ingredients for life.®

4.99
lb
Club Price

1.29
lb
Club Price

ENJOY with BOGLE VINEYARD Pinot Noir

2.99
lb
Club Price

2 for \$5
Club Price

3.99
lb
Club Price

5.77
ea
Club Price

98¢
lb
Club Price

78¢
ea
Club Price

2 for \$5
Club Price

2 for \$3
Club Price

5.99
Club Price

3 for \$10
Club Price

1.88
Club Price

11.99
Club Price

BUY 5 Save \$5 MIX & MATCH SALE

Look for Buy 5 Save \$5 tags on participating items.

\$1.00 each

when you buy any 5*

\$1.50 each

when you buy any 5*

\$2.00 each

when you buy any 5*

WE DELIVER GROCERIES to your Home or Office

Get **FREE** delivery on your 1st order!

Go to Safeway.com today

Get a **\$10 OFF** coupon

When you buy \$25 of participating Procter & Gamble products in a single transaction:

Look for this tag on participating items

6.99
Club Price

15.99
Club Price

7.99
Club Price

5.99
Club Price

For additional coupon savings, visit Safeway.com

Thousands of **EVERYDAY LOW PRICES** PLUS Always great **Club Card Specials** That's our **Promise!**

APRIL 14 15 16 17 18 19 20
WED THUR FRI SAT SUN MON TUES

Prices on this page are effective **Wednesday, April 14 thru Tuesday, April 20, 2010**. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store. While supplies last.

Prices in this ad are effective 6 AM Wednesday, April 14 thru Tuesday, April 20, 2010 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Wahkiakum, Cowlitz, 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.