

FOOD

Recipes by
wholefoods.com

Spicy Grilled Peach and Chicken Kabobs

Ingredients

- 3/4 pound boneless skinless chicken breast (about 1 large), cut into 1 1/2-inch chunks
- 2 ripe peaches, halved, pitted and cut into 8 chunks each
- 1 small red onion, quartered and pulled apart into petals
- 2 tablespoons orange juice or white wine
- 2 teaspoons reduced-sodium tamari sauce
- 3 tablespoons no-sugar-added apricot fruit spread
- 1 1/2 teaspoons minced chipotle in adobo sauce
- 1 teaspoon chopped rosemary
- 1 large rosemary sprig to use as a basting brush



Method

1. Prepare a grill for medium-high heat cooking. On 4 long metal skewers, alternate pieces of chicken, peach and onion.
2. In a small bowl, whisk together juice, tamari, fruit spread, chipotle and chopped rosemary. Grill kabobs, turning frequently, until lightly browned, about 5 minutes. Begin dipping rosemary sprig in tamari mixture and brushing kabobs, turning kabobs frequently, until chicken is cooked through and kabobs are glazed, about 3 minutes more.

Nutrition: per serving (about 5oz/148g-wt.); 160 calories (20 from fat); 2g total fat; 0.5g saturated fat; 45mg cholesterol; 170mg sodium; 15g total carbohydrate (1g dietary fiber, 8g sugar); 18g protein

Grilled Caribbean Pork Tenderloin

Ingredients

- 1 cup orange juice
- 1/2 cup thinly sliced green onions
- 1/4 cup distilled white vinegar
- 1/4 cup tamari
- 3 tablespoons lime juice
- 1 serrano pepper, stemmed, seeded and finely chopped
- 2 teaspoons ground allspice
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon ground nutmeg
- 1 clove garlic, finely chopped
- 2 (1-pound) pork tenderloins
- Expeller-pressed canola oil
- 1 small ripe pineapple, peeled, cored, and cut lengthwise into wedges
- 2 yellow-skinned plantains, peeled and thickly sliced

Method

1. Put orange juice, green onions, vinegar, tamari, lime juice, peppers, allspice, cinnamon, nutmeg and garlic into a wide, shallow dish and mix well to combine. Add pork and turn to coat well. Cover and chill 4 hours or overnight.
2. Oil grill grates and preheat grill to medium heat. Drain pork and discard marinade. Grill pork, turning occasionally, until just charred in parts on the outside and cooked through, about 15 minutes; transfer to a platter when done. Brush pineapple and plantains with a bit of oil then grill, flipping once, until deep golden brown and hot throughout, 5 to 8 minutes; transfer to a platter as done.
3. Cut pork crosswise into medallions then transfer to plates and serve with pineapple and plantains on the side.



Nutrition: per serving (about 12oz/331g-wt.); 310 calories (50 from fat); 6g total fat, 2g saturated fat; 100mg cholesterol; 420mg sodium; 33g total carbohydrate (3g dietary fiber, 19g sugar); 33g protein

SAFEWAY

Ingredients for life.

Rancher's Reserve®
TENDER BEEF

1.69
lb

Club Price

Rancher's Reserve®
Boneless Beef Round Steak
Or Tip Roast. Or Bottom Roast, \$1.99 lb.
SAVE up to \$2.80 lb.

EXTREME VALUE
BUY MORE & SAVE!

ENJOY with
Coca-Cola

See Weekly Ad

1.99
lb

Club Price

Boneless Whole Pork Loin
Sold in the bag. Or Boneless Pork Sirloin Chops. Extreme Value Pack. Or Roast. SAVE up to \$2.00 lb.

7.99
lb

Club Price

Wild Alaskan Sockeye Salmon Fillets
All size packages. Previously frozen. SAVE up to \$3.00 lb.

97¢
lb

Club Price

Red Tomatoes on the Vine
Good source of fiber. SAVE up to 1.52 lb.

5.99
ea

Club Price

Signature Cafe®
Whole Roasted Chicken
32-oz. SAVE up to \$1.50 ea.

1.99
each

Club Price

6-oz. Blackberries or 5.6-oz. Red Raspberries
SAVE up to \$1.99 ea. Or 6-oz. Blueberries 2 for \$6.

99¢
lb

Club Price

Broccoli Crowns or Cauliflower
Both High in Vitamin C and K! SAVE up to 60¢ lb.

1.99
lb

Club Price

Lucerne®
Shredded or Chunk Cheese
5 to 8-oz. Selected varieties. SAVE up to 50¢.

2 \$4
for

Club Price

CLASSICO
Pasta Sauces
15 to 24-oz. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$2.38 on 2.

1.88
each

Club Price

Lean Cuisine, Stouffer's or Hot or Lean Pockets
24-oz. Selected varieties. SAVE up to \$1.47.

2.25
each

Club Price

Club Original
Sandies
14 to 16-oz. Selected varieties. SAVE up to \$2.04.

10 \$10
for

Club Price

Rice A Roni or Starkist Tuna
3 to 7-oz. Pasta or Rice. Or 5-oz. Solid White Tuna. Selected varieties. Club Price: \$1.00 ea.

15.99
each

Club Price

Bud Light or Keystone Light
24-Pack Coors, Bud or 30-Pack Keystone 12-oz. cans. Selected varieties. Plus deposit in Oregon.

BUY ANY 4 save \$4
MIX & MATCH SALE

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

On all your favorites: Kellogg's Corn Flakes Cereal 12-oz., Quaker Cap'n Crunch Cereal 16-oz., Quaker Life Cereal 15-oz., General Mills Cheerios 8-oz., Kellogg's Frost Loops Cereal 12.2-oz., Quaker Chewy Granola Bars 8 to 10-oz. Selected varieties, Post Honey Bunches of Oats 14.5-oz., General Mills Reese's Puffs Cereal 13-oz., Keebler® Keebler® Crackers or Sandies 14 to 16-oz. Selected varieties. SAVE up to \$2.04.

*All 4 participating items must be scanned and purchased in a single transaction with your Card. Offer valid 5/12/10 thru 5/18/10. Participating items may not be available in all stores. Limit 20.

\$1.00 each
when you buy any 4. Single item club price: 59¢.

\$1.50 each
when you buy any 4. Single item club price: 39¢.

\$2.00 each
when you buy any 4. Single item club price: 59¢.

Thousands of EVERYDAY LOW PRICES

Always great **Club Card** **Specials**

That's our Promise!

MAY 12 13 14 15 16 17 18
WED THUR FRI SAT SUN MON TUES

Prices on this page are effective **Wednesday, May 12 thru Tuesday, May 18, 2010.**
ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, May 12 thru Tuesday, May 18, 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.

WE DELIVER GROCERIES
to your Home or Office

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

Go to Safeway.com today

THIS WEEKEND ONLY

SATURDAY & SUNDAY ONLY!

1.69
lb

Club Price

Safeway Boneless Skinless Chicken Breasts
Sold in a 6-lb. bag or 16-oz. bag. From 2.99 to 3.99. SAVE up to \$1.30 lb.

1.69
lb

Club Price

80% Lean Ground Beef
Or 85% Lean. \$2.49 lb. From 1.99 to 2.99. SAVE up to \$1.00 lb.

2.99
each

Club Price

Yoplait Original Yogurt
8-oz. 6-pack. From 2.99 to 3.99. SAVE up to \$2.00.

2 \$5
for

Club Price

Breyers Ice Cream
1.5-qt. Selected varieties. Club Price: \$7.50 ea. SAVE \$4.50 on 2.

1.29
each

Club Price

Cheetos or Fritos
7.5 to 13.5-oz. Selected varieties. Limit 4. SAVE up to \$1.79.