

# FOOD

## Roasting Pumpkin Seeds



### How to Roast Pumpkin Seeds

**Ingredients:**

- 1 1/2 cups raw whole pumpkin seeds
- 2 teaspoons butter, melted
- 1 pinch salt

**Directions:**

1. Preheat oven to 300 degrees F (150 degrees C).
2. Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

Spicy Roasted Pumpkin Seeds

**Ingredients:**

- 3 cups pumpkin seeds
- 1/2 cup butter, melted
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1 tablespoon seasoned salt

**Directions:**

1. Preheat the oven to 300 degrees F (150 degrees C).
2. In a medium bowl, mix together the pumpkin seeds, butter, garlic powder, salt and seasoned salt until the pumpkin seeds are evenly coated. Spread in an even layer on a cookie sheet.
3. Bake for 1 hour and 15 minutes, stirring every 10 to 15 minutes until toasted. Cool completely on the baking sheet, then transfer to a serving dish.

## Cinnasweet Pumpkin Seeds

**Ingredients**

- 4 cups pumpkin seeds, rinsed and dried
- 1/2 cup margarine, melted
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 cup white sugar, divided

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Combine the pumpkin seeds, margarine, brown sugar, cinnamon, and salt in a bowl; stir to coat the seeds. Spread the seeds in a single layer in a 10x15 inch jelly roll pan.
3. Bake in the preheated oven for 15 minutes; stir and return to oven for 15 minutes more; remove from oven and sprinkle 2 tablespoons sugar over the seeds; stir to coat. Return to oven and bake another 15 minutes before removing again to sprinkle with remaining sugar and stirring. Bake another 15 minutes. Allow to cool before serving. Store leftover seeds in an airtight container.

# SAFEWAY

Ingredients for life.®

**Earn GAS REWARDS**

Each time you spend\* \$50 or more in a single transaction.

Only with your

**MIX & MATCH**

**BUY 1 GET 1 FREE**

EQUAL OR LESSER VALUE

Club Price

**MEAT SALE!**

**Rancher's Reserve® Boneless Beef Petite Sirloin or Top Sirloin Steak**  
Extreme Value Pack.

**Pork Shoulder Country Style Ribs**  
Bone-in. Extreme Value Pack. Or Bone-in Shoulder Blade Roast.

**Eating Right® Boneless Skinless Chicken Breasts or Thighs**  
Or Tender or Thin Sliced.

**93% or 90% Sirloin Lean Ground Beef**  
Extreme Value Pack.

**5.99 lb** Club Price

**4.98 ea** Club Price

**99¢ lb** Club Price

**1.38 ea** Club Price

**5-lb. Box Seedless Satsuma Mandarins**  
Great for snacks or lunches!  
SAVE up to \$4.01 ea.

**10-lb. Bag Russet Potatoes**  
Good Source of Carbohydrates!  
SAVE up to 61¢ ea.

**1.99** Club Price

**88¢** Club Price

**4 for \$5** Club Price

**1.99** Club Price

**8.99** Club Price

**8.10** Club Price

**12-Pack Dairy Glen Milk**  
Gallon. Whole, 2%, 1%, or Fat Free.

**Rice A Roni or Starkist Albacore Tuna**  
3.8 to 7.2-oz. Pasta or Rice or 5-oz. Solid White Tuna. Selected varieties. SAVE up to \$1.11

**Ragu Pasta Sauce**  
16 to 26-oz. Selected varieties. Club Price: \$1.25 ea. SAVE up to \$2.96 on 4

**Lucerne® Shredded or Chunk Cheese**  
32-oz. Medium Only. SAVE up to 50¢

**Quilted Northern or Viva Paper Towels**  
12-Roll Tissue or 6-Roll Towels. Selected varieties. SAVE up to \$3.00

**Chateau Ste Michelle or Yellow Tail**  
750-ml. Chateau Ste Michelle or 1.5-liter Yellow Tail. Selected varieties. SAVE up to \$5.00

**3.99** Club Price

**5.99** Club Price

**8.99** Club Price

**8.10** Club Price

**12-Pack Coca-Cola**  
12-oz. cans. Selected varieties. Plus deposit in Oregon. SAVE up to \$13.68 on 4

**2 BUY 2 GET 1 FREE**  
EQUAL OR LESSER VALUE  
Club Price

**AND GET 2 FREE**  
boxes of Nabisco Snack Crackers.  
5.5 to 10-oz. Selected varieties.

**18-Pack Coors, Bud or Miller**  
12-oz. bottles. Selected varieties. Plus deposit in Oregon. SAVE up to \$3.30

**12.99** Club Price

**12-Pack St. Pauli Girl or St. Adams**  
12-oz. bottles. Selected varieties. Plus deposit in Oregon. SAVE up to \$3.00

**11.99** Club Price

**1.99** Club Price

**8.99** Club Price

**8.10** Club Price

**12-Pack St. Pauli Girl or St. Adams**  
12-oz. bottles. Selected varieties. Plus deposit in Oregon. SAVE up to \$3.00

**11.99** Club Price

Thousands of EVERYDAY LOW PRICES PLUS Always great Club Card Specials

That's our promise... that's Ingredients for life.

**OCTOBER 20 21 22 23 24 25 26**

Prices on this page are effective Wednesday, October 20 thru Tuesday, October 26, 2010. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, October 20 thru Tuesday, October 26, 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 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

**Celebrate Oktoberfest!**

**Johnsonville Brats**  
ORIGINAL BRATWURST

**3.99 ea** Club Price

**Johnsonville Bratwurst or Italian Sausage**  
19.76-oz. Selected varieties. SAVE up to \$1.00 ea.

**4.99 ea** Club Price

**Bar S Smoked Sausage Links**  
3-lb. package. Selected varieties. SAVE up to \$1.50 ea.

**7.99 ea** Club Price

**Hill German Sausage**  
3-lb. or Franks or Hot Links. SAVE up to \$2.00 ea.

**2 \$7** Club Price

**Silva Linguica Sausage**  
13-oz. package. Fully cooked. Club Price: \$3.50 ea. SAVE up to \$1.98 on 2

**12.99** Club Price

**18-Pack Coors, Bud or Miller**  
12-oz. bottles. Selected varieties. Plus deposit in Oregon. SAVE up to \$3.30

**11.99** Club Price

**12-Pack St. Pauli Girl or St. Adams**  
12-oz. bottles. Selected varieties. Plus deposit in Oregon. SAVE up to \$3.00

**1.99** Club Price