

FOOD



Baked Salmon

Salmon contains lots of Omega 3, a healthy fat that we all need for optimum health. Even my children will eat the salmon when I bake it this way.

Ingredients:

- 4 salmon fillets
- 2 Tbsp. garlic powder
- 4 Tbsp. Dijon mustard
- 1 Tbsp. light tasting olive oil
- 2 Tbsp. unsweetened ketchup

Directions:

1. Place fillets on a lightly greased baking pan.
2. Mix rest of ingredients and spread on salmon. Bake at 350 degrees for 1/2 hour or until fish flakes with a fork.



Healthy Roast

This is a way to make a delicious roast with sauce. If you use good quality onions and garlic, you will have the most delicious and thick sauce imaginable.

Ingredients:

- • Roast (shoulder, French, square tip, top of rib, minute)
- Sliced onions equal to 1/2 the weight of the roast (e.g. 2 lbs of onions for 4 lb. roast)
- 1 whole head of garlic, crushed
- Salt to taste

Directions:

1. Braise meat in an oiled pot. Add the rest of the ingredients and barely cover with water.
 2. Bring to a boil and then simmer, covered for 3-4 hours. Remove roast from pot, cool and slice. Using a hand blender (or transfer the liquid into a food processor once it has cooled), blend the liquid that is left in the pot. All the onions and garlic make a terrific sauce for the meat.
- Crock-pot variation: Same as above, but add only 1/4 cup of water. Cook on low for 8-10 hours.

SAFEWAY

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2 \$1
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MARCH 2 3 4 5 6 7 8

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Prices in this ad are effective 6 AM Wednesday, March 2 thru Tuesday, March 8, 2011 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 phenylpropranolamine 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. © 2011 Safeway Inc. Availability of items may vary by store.