

# FOOD



## Honey Soy Grilled Salmon

The natural richness of salmon and its high amount of Omega-3's makes it a great choice for a healthy meal that doesn't need much added fat. By stuffing a mixture of fresh herbs into the fillets, through a pocket, the fish is infused with bright flavors. A light glaze during the cooking process is the final touch.

### Ingredients

- 1/4 cup packed cilantro leaves
- 2 scallions
- 2 teaspoons vegetable oil
- 1 teaspoon grated ginger
- Kosher salt and freshly ground pepper
- 4 center cut skin-on wild salmon fillets, about 6 ounces each
- 2 teaspoons fresh lime juice
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons honey
- 1/4 teaspoon black sesame seeds
- 1 1/3 cups cooked edamame
- Lime wedges, optional garnish

### Directions:

1. Preheat the grill over medium-high direct heat. Oil the grill grates. Finely chop the cilantro and scallion and mix in the oil and ginger. Season with salt and pepper.
2. Cut two 3-inch long slits through the skin lengthwise on the bottom of the salmon fillets, going about halfway into the salmon. Evenly stuff the slits with the herb mixture. Season the fish with salt and pepper.
3. Stir together the lime juice, soy and honey until smooth. Place the salmon, skin side up, on the grill and cook until well marked, 3 to 4 minutes. Turn the salmon and continue to cook, brushing the tops with the sauce, until the fish is cooked through, about another 3 to 4 minutes. Transfer to a serving plate and sprinkle the tops with the sesame seeds. Serve with edamame and lime wedges.
4. Broiler directions: Position an oven rack so that a baking sheet set on the rack is about 4-inches below the heat source. Preheat the broiler. Prepare the salmon as above and place the fillets, skin down, on a foil lined baking sheet coated with cooking spray. Broil, basting 3 to 4 times with the sauce, until just cooked through, about 6 to 7 minutes.

## Fritos Taco Salad

### Ingredients:

- 1 lg. head lettuce, chopped
- 1 (15 oz.) can Ranch style beans, drained
- 1 med. onion, chopped
- 2 tomatoes, diced
- 1 lb. Cheddar cheese, grated
- 3/4 of 8 oz. bottle Catalina dressing
- 1 (13 oz.) pkg. Fritos, crushed



### Directions:

1. Mix all together except Fritos. Chill 45 minutes. Add Fritos, mix and serve.

# SAFEWAY

Ingredients for life.®

simple nutrition



Look for our green tags while you shop!

### MIX & MATCH

## BUY 1 GET 1 FREE

EQUAL OR LESSER VALUE

Club Price

### MEAT SALE!

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

**Pork Shoulder Country Style Ribs**  
Bone-In. Or Shoulder Blade Roast.

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

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

**7.99 lb**  
Alaskan Sockeye Salmon Fillets  
Previously frozen. SAVE up to \$4.00 lb.  
Club Price

**78¢ lb**  
Fuji Apples  
SAVE up to \$1.21 lb.  
Club Price

**1.69**  
Safeway Variety Breads  
24-oz. Selected varieties. SAVE up to 30¢  
Club Price

**1.99**  
Large Artichokes  
SAVE up to \$2.99 on 2  
Club Price

**1.99**  
5-lb. Bag Yellow Onions or Russet Potatoes  
SAVE up to \$2.99 on 2  
Club Price

**2.49**  
Dairy Glen Milk  
Gallon, Whole, 2%, 1% or Fat Free.  
Club Price

**3 for \$6**  
Kellogg's Frosted Flakes  
14-oz. or Quaker Life 15-oz. Cereal. Club Price: \$2.00 ea. SAVE up to \$5.97 on 3  
Club Price

**1.99**  
Fritos or Cheetos  
7.75 to 10.5-oz. Selected varieties. SAVE up to \$3.49 on 2  
Club Price

**2 for \$6**  
Breyers or Ben & Jerry's Ice Cream  
1.5-qt. or 16-oz. Selected varieties. Club Price: \$3.00 ea. SAVE up to \$5.98 on 2  
Club Price

**10.99**  
Tide Detergent  
100-oz. 2x Liquid or 113 to 146-oz. Powder. Selected varieties. SAVE up to \$6.00  
Club Price

**11.99**  
WIDMER 12-Pack Widmer, Deschutes or Bridgeport  
12-oz. bottles. Selected varieties. Plus deposit in Oregon.  
Club Price

**BUY 2, GET 2 FREE!**  
EQUAL OR LESSER VALUE

12-Pack Coca-Cola Fridge Packs  
12-oz. cans. Selected varieties. SAVE up to \$13.98 on 4

Offer valid with Safeway Club Card from 3/30/11 - 4/5/11. Four (4) 12-Packs of Coca-Cola and two (2) boxes of Nabisco Crackers must be purchased in a single transaction. Limit two (2) FREE boxes of Snack Crackers per transaction. Customer pays tax and deposit where applicable.

Thousands of EVERYDAY LOW PRICES

PLUS

Always great Club Card Specials

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

**MARCH-APRIL** 30 31 1 2 3 4 5  
WED THUR FRI SAT SUN MON TUES

Prices on this page are effective Wednesday, March 30 thru Tuesday, April 5, 2011. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, March 30 thru Tuesday, April 5, 2011 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Wahkiakum, 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 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.

your groceries, your choices, your schedule... delivered!

**FREE Delivery On First Order!**

Go to **SAFEWAY.com**

\*Min \$50 minimum purchase in a single transaction. New online customers only. Delivery Area restrictions apply.

## 4 DAY SALE

FRIDAY THRU MONDAY!  
April 1-4

**4 Days Only!**  
Friday thru Monday

Johnsonville Breakfast or Italian Sausage  
16-oz. Or 16-oz. Safeway Italian Sausage. Selected varieties. SAVE up to \$2.00 ea.

**3.49 ea**  
Club Price

**4 Days Only!**  
Friday thru Monday

Tomatoes on the Vine  
SAVE up to \$1.00 lb.

**1.99 lb**  
Club Price

**4 Days Only!**  
Friday thru Monday

Safeway SELECT Pizza  
14.25 to 22.7-oz. Selected varieties. SAVE up to \$1.50

**2.99**  
Club Price

**4 Days Only!**  
Friday thru Monday

Ronzoni Pasta  
7.75 to 15-oz. Selected varieties. SAVE up to \$1.30

**79¢**  
Club Price

**4 Days Only!**  
Friday thru Monday

Lucerne Shredded or Chunk Cheese  
16-oz. Medium Cheddar. SAVE up to \$2.50

**4.49**  
Club Price