

SAFeway

Ingredients for life.

Introducing **REWARD POINTS**

We are driving down the cost of gas!

Easy to earn. Easy to use. See store for details or visit Safeway.com.

Up to \$1 off per gallon

*Restrictions and exclusions apply.

Rancher's Reserve
TENDER BEEF

3.99 lb
Club Price

Rancher's Reserve® Boneless Beef Petite Sirloin Steak
Extreme Value Pack.
SAVE up to \$3.00 lb.

4.99 lb
Club Price

Rancher's Reserve® Beef New York Strip Steak
Bone-In. Extreme Value Pack.
SAVE up to \$5.00 lb.

5.99 lb
Club Price

Rancher's Reserve® Beef Ribeye Steak
Bone-In. Extreme Value Pack.
SAVE up to \$4.00 lb.

1.99 lb
Club Price

Pork Shoulder Country Style Ribs
Bone-In. Extreme Value Pack.
Or Safeway SELECT® Extra-Mild Spare Ribs.
Previously Frozen. \$2.99 lb.
SAVE up to \$1.50 lb.

99¢ lb
Club Price

Safeway Chicken Thighs, Drumsticks or Leg Quarters
Or Foster Farms Whole Fryer. Locally Grown.
SAVE up to 50¢ lb.

5.99 lb
Club Price

waterfront BISTRO® Large Cooked Shrimp
31 to 40-ct.
Frozen/thawed.
SAVE up to \$5.00 lb.

8.99 lb
Club Price

Fresh Wild Sockeye Salmon Fillets
Weather permitting.
SAVE up to \$8.00 lb.

1.79
Club Price

Safeway Kitchens Variety Breads
24-oz. Selected varieties.

5.00 ea
Club Price

Sandwich Meal Deal
Your choice of any regular size Signature Cafe® sandwich, 20-oz. bottle or any size fountain beverage & single serving size bag of chips.

9.99 per bottle
750-ml. or larger
Club Price

A to Z, Chateau St. Jean or Woodbridge
750-ml. A to Z, Chateau St. Jean or 1.5-liter Woodbridge.
Selected varieties.
SAVE up to \$6.40

2.59
Club Price

Dairy Glen Milk
Gallon. Whole, 2%, 1% or Fat Free.

1.99
Club Price

Lay's Potato Chips
10 to 11-oz. Selected varieties.
SAVE up to \$4.29 on 2

5.99
Club Price

Tide Detergent
50-oz. Liquid. Selected varieties.
SAVE up to \$2.00

1.99
Club Price

Popsicle
12 to 39 6-oz. Selected varieties.
SAVE up to \$2.60

5 for \$10
Club Price

Marie Callender's or Smart Ones Meals
4 to 7-oz. Selected varieties.
Excludes Shrimp. Club Price \$2.00 ea.
SAVE up to \$8.75 on 5

12.99
Club Price

Quilted Northern Bath Tissue or Brawny Paper Towels
24 Double Roll Tissues or 12 Big Roll Towels. Selected varieties. SAVE up to \$3.50

Yogurt anytime! There's a yogurt for any meal or snack.

10 for \$6
Club Price

Yoplait Cup 8-oz. Club Price \$0.60 ea. SAVE up to \$2.50 off 10

10 for \$10
Club Price

Fage, Dannon Oikos or Open Nature™ Greek Yogurt
5.3 to 7-oz. Selected varieties. Club Price: 1.90 ea. SAVE up to \$9.30 on 10

1.88
Club Price

4-pk. Dannon Light & Fit, 4-pk. Activia, 6-pk. Danimals Kids
SAVE up to \$1.41

2.88
Club Price

17.6-oz. Fage Greek, 27-oz. O'Organics™ Yogurt Tubs
SAVE up to \$1.91

tee it up!

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Pumpkin Ridge Golf Club
August 15 - 21, 2011
For more information visit Safewaygolf.com.

2 tickets
with \$35 purchase
or more at Safeway with your Club Card at checkout beginning 7/14.

SUMMER PRODUCE

99¢ ea
Club Price

Red, Green or Black Seedless Grapes
SAVE up to \$1.99 lb.

99¢ ea
Club Price

White Whole or Sliced Mushrooms
8-oz. package.
SAVE up to \$1.00 ea.

2 for \$4
Club Price

Safeway Grape Tomatoes
10-oz. containers. Club Price: \$2.00 ea. SAVE up to \$1.98 on 2

2 for \$4
Club Price

Fresh Express Salads
4 to 12-oz. package. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$1.98 on 2

Our produce is guaranteed to be fresh, ripe and delicious.

FOOD

recipes from allrecipes.com

Shish Kabob



Ingredients:

- 12 (10 inch) wooden skewers
- 1/2 pint cherry tomatoes
- 24 pearl onions
- 1/2 cup olive oil
- 1 pound fettuccine
- 1/4 teaspoon garlic powder
- 2 tablespoons softened butter
- 1 green bell pepper, cut into large chunks
- 1 pound peeled and deveined shrimp
- 1 small zucchini, sliced 1/4-inch thick
- 1/2 pound skinless, boneless chicken breast - cut into cubes
- 1 pound beef steak, cut into cubes
- 1/2 pound large fresh mushrooms, halved
- 1/4 teaspoon garlic powder, or to taste
- salt and ground black pepper to taste

Directions:

1. Soak the skewers in water for 1 hour.
2. Onto each skewer, alternately thread green bell pepper chunks, shrimp, zucchini slices, chicken, cherry tomatoes, steak, onion, mushroom; repeat until skewer is full. Drizzle olive oil over the prepared skewers; season with 1/4 teaspoon garlic powder, salt, and black pepper. Allow to marinate in refrigerator at least 3 hours, turning every 45 minutes.
3. Preheat outdoor grill for medium-high heat; lightly oil the grate.
4. Bring a pot of lightly salted water to a rolling boil. Cook the fettuccine in the boiling water, stirring occasionally, until cooked through yet firm to the bite, about 8 minutes; drain. Toss the hot pasta in a large bowl with the softened butter and 1/4 teaspoon garlic powder.
5. While the pasta boils, cook the skewers on the preheated grill, turning frequently until nicely browned on all sides, the shrimp are pink and opaque, and the meat is no longer pink in the center, 10 to 15 minutes. Push the cooked meat and vegetables off the skewer onto the tossed pasta.



Mixed Berry-Almond Gratin

How simple and delicious are berries topped with a rich custard and baked into a crusty dessert.

Ingredients:

- Pinch of salt
- 1 large egg
- 3 cups mixed berries, such as raspberries, blackberries and blueberries
- 1/3 cup slivered almonds, (1 1/4 ounces)
- 1/2 cup granulated sugar
- 2 tablespoons all-purpose flour
- 1/3 cup firm silken low-fat tofu
- 1 tablespoon butter, softened
- 1/4 teaspoon pure almond extract
- Confectioners' sugar, for dusting

Directions:

1. Preheat oven to 400°F. Coat a 1-quart gratin dish or a 9-inch pie pan with cooking spray.
2. Spread almonds in a shallow baking pan and bake until light golden and fragrant, 4 to 6 minutes. Let cool.
3. Place sugar (or Splenda), flour, salt and almonds in a food processor; process until finely ground. Add egg, tofu, butter and almond extract; process until smooth.
4. Spread berries evenly in the prepared gratin dish. Scrape the almond mixture over the top, spreading evenly.
5. Bake the gratin until light golden and set, 40 to 50 minutes. Let cool for at least 20 minutes. Dust with confectioners' sugar and serve warm.

AUGUST 3 4 5 6 7 8 9

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Prices on this page are effective Wednesday, August 3 thru Tuesday, August 9, 2011. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, August 3 thru Tuesday, August 9, 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 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. © 2011 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.