

SAFEWAY
Ingredients for life.

Stock Up

2.49
lb
Club Price

MEAT SALE!

Rancher's Reserve® Beef 7-Bone Pot Roast
Bone-In. SAVE up to \$1.30 lb.

93% Lean Ground Beef
Not to exceed 7% fat. Extreme Value Pack. SAVE up to \$2.50 lb.

Boneless Pork Top Loin Chops
Center Cut. Extreme Value Pack. SAVE up to \$3.50 lb.

Rancher's Reserve® Boneless Beef Petite Sirloin Steak
Extreme Value Pack. SAVE up to \$4.50 lb.

Royal Red Crab Clusters
Cooked. Previously Frozen. SAVE up to \$8.00 lb.

Hass Avocados
Limit 6. SAVE up to 57¢ ea.

Primo Taglio® Black Forest Ham or Medium Cheddar Cheese
SAVE up to \$2.50 lb.

Large Hot House Tomatoes
Bulk. SAVE up to 71¢ lb.

Fresh Express or Safeway Farms Salads
4.75 to 12-oz. package. Selected varieties. SAVE up to 50¢ ea.

Lucerne® Shredded or Chunk Cheese
32-oz. Selected varieties. **4.99** Club Price

12-Pack Pepsi or Tostitos
12-oz. cans. Or 14.5 to 18-oz. Tostitos. Selected varieties. Club Price: \$3.67 ea. Plus deposit in Oregon. **3 for \$11** Club Price

Marie Callender's or Healthy Choice Meals
8 to 9-oz. Selected varieties. SAVE up to \$7.50 on 5. **1.99** Club Price

Ragu or Francesco Rinaldi Pasta Sauce
16 to 24-oz. Selected varieties. Club Price: \$1.25 ea. SAVE up to \$4.96 on 4. **4 for \$5** Club Price

Nabisco Oreo or Honey Maid Grahams
11.3 to 16.6-oz. Selected varieties. Club Price: \$3.00 ea. SAVE up to \$3.58 on 2. **2 for \$6** Club Price

DiGiorno Original Pizza
14.8 to 34.2-oz. Selected varieties. Club Price: \$5.00 ea. SAVE up to \$1.49. **2 for \$10** Club Price

juice jamboree! must buy 3

1.99 Club Price

2.49 Club Price

2.99 Club Price

REWARD POINTS
Earn Reward Points just by shopping at Safeway with your Club Card!

Up to \$1 off per gallon

First Meal Great Deal!
Save Big on Breakfast Favorites

BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

2 for \$5 Club Price

4.99 Club Price

2.99 Club Price

10 for \$10 Club Price

7.99 Club Price

FOOD

Recipes in Honor of Martin Luther King Day

Hot-Tempered Chicken Strips



Preparation Time 15 minutes; Cooking Time 10 minutes

Ingredients

- 1/2 cup flour
- 1 tsp. paprika
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. (or to taste) cayenne pepper
- pinch chili powder (optional)
- 1-2 pounds, boneless, skinless chicken breasts, cut into 3x1-inch strips
- Canola oil for frying, about one-half cup or more

Directions

1. Combine the flour and spices in a zipper-type plastic bag. Zip closed and shake to mix spices. Add the chicken strips and close the bag. Shake to coat evenly.
2. Heat a large skillet until a drop of water skittles across and evaporates. Add the oil to the pan and heat through.
3. Add the strips in a single layer and cook over medium-high heat until golden. Turn and cook through. Remove to paper towels to drain. Continue until all the chicken is cooked, adding more oil as needed.

Note: These are sautéed, not deep-fried, so don't use a lot of oil.



Spicy Southern Snapper

Preparation Time 25 minutes; Baking Time 35 minutes

Ingredients

- 2 pounds red snapper fillets
- 1 small tomato, peeled, seeded, chopped
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 4 ounces white mushrooms, sliced
- 3 tbsp. chili sauce
- 2 tbsp. lemon juice
- 2 tbsp. capers
- 1 tbsp. fresh parsley, minced
- 2 cloves garlic, minced
- 1/2 tsp. thyme
- pinch of salt
- pinch of pepper
- 1 tsp. hot pepper sauce
- 1/4 cup white wine

Directions:

1. In a small bowl, combine all the ingredients, except the fish and wine. Pour into a two-quart glass baking dish.
2. Cover and microwave on high for about 5-6 minutes until the vegetables are tender. Stir in the wine.
3. Add the fish fillets and spoon some of the sauce over the fish. Cover with foil and place in the regular oven for about 15-20 minutes, depending on thickness of the fish. Fish should flake easily when done.