

SAFEWAY

Ingredients for life.®



1.49
lb
Club Price

Pork Loin Rib Half Sliced
Or Pork Loin Chops Extreme Value Pack, \$2.49 lb.
Bone-In. SAVE up to \$2.50 lb.

ENJOY with
14 Hands
Hot to Eat
See Weekly Ad



2.49
lb
Club Price

Rancher's Reserve® Boneless Beef Bottom Round Roast Or Chuck Cross Rib Roast
Or Thin Cut Bottom Round Steak Extreme Value Pack, \$2.99 lb. SAVE up to \$2.50 lb.



99¢
lb
Club Price

Safeway Chicken Split Breasts
Bone-In. Extreme Value Pack. Or Eating Right® Boneless Skinless Breasts, Thin Sliced, Tenderloins or Thighs, \$2.99 lb. SAVE up to \$2.00 lb.



8.99
lb
Club Price

Alaskan Sockeye Salmon Fillets
Previously frozen. SAVE up to \$3.00 lb.



99¢
ea
Club Price

Fresh Express Salads
8 to 16-oz. package. Selected varieties. SAVE up to \$1.00 ea.



1.49
Club Price

Open Nature™ or Safeway Kitchens Butter Top Breads
Selected sizes and varieties. Or Pantry Essentials Breads, 99¢



99¢
lb
Club Price

Red Roma Tomatoes
SAVE up to \$1.00 lb.



BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

Blueberries
6-oz. container. SAVE up to \$3.99 on 2



2.69
Club Price

Pantry Essentials or Dairy Glen Milk
Gallon, 2%, 1% or Creamy Fat Free.



7.99
Club Price

Starbucks Coffee
11 to 12-oz. Selected varieties. SAVE up to \$2.00



5.99
Club Price

Cottonelle Bath Tissue or Brawny or Sparkle Paper Towels
12-Roll Tissue or 6-Roll Towels. Selected varieties.



2.79
Club Price

Florida's Natural or Safeway SELECT® Orange Juice
59-oz. Chilled. Selected varieties.



10 for \$10
Club Price

Campbell's Condensed Soup or Swanson Broth
10.5 to 11.5-oz. Soup or 14 to 14.5-oz. Broth. Selected varieties. Club Price: \$1.00 ea.



5.99
Club Price

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

Save on Your Favorites!
Mix & Match Sale

4 for \$10
Club Price

On all your favorites: General Mills Cheerios 8.9-oz., Cinnamon Toast Crunch 12.8-oz., Kellogg's Raisin Bran 20-oz., Apple Jacks 12.2-oz., Post Honey Bunches of Oats 14.5-oz., Fruity Pebbles 11-oz., Quaker Life 18-oz., Cap'n Crunch 20-oz. Cereal or Quaker Instant Oatmeal 11.5 to 15.1-oz. Selected varieties.

Thousands of EVERYDAY LOW PRICES PLUS Always great Club Card Specials

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

Get Your Day Off to a Good Start



2.99
ea
Club Price

Hillshire Farm Thin Sliced Lunchmeat
8 to 9-oz. Selected varieties. SAVE up to \$2.30 ea.



2 \$1
Club Price

Jumbo Cantaloupe
Club Price: 50¢ lb. SAVE up to 98¢ on 2 lbs.



3.99
Club Price

Precious String Cheese
13.3 to 16-oz. Selected varieties.



1.00
Club Price

Pepperidge Farm Goldfish Crackers
6.6 to 8-oz. Selected varieties. Regular Club Price: \$1.50 ea.



2 \$5
Club Price

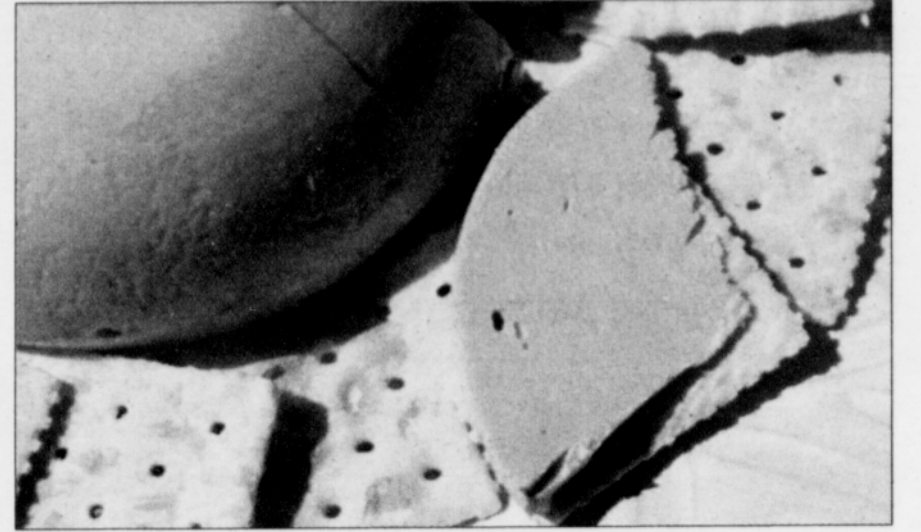
Entenmann's Full Line Sale
Selected sizes & varieties. Club Price: \$2.50 ea.



1.79
Club Price

Smart Ones Meals
3.95 to 11.5-oz. Selected varieties.

FOOD



HEALTHY ALTERNATIVES

Vegan "Sharp Cheddar Cheese"

This "cheese" may be sliced thinly and used on sandwiches. It is magnificent with sliced tomatoes or fried tofu. It makes a decent grilled "cheese" sandwich.

Ingredients

- 5 teaspoons powdered agar-agar or 5 tablespoons agar-agar flakes
- 1 1/2 cups water
- 1/2 cup cashews
- 1/3 cup nutritional yeast
- 1/2 cup pimiento
- 3-4 tablespoons lemon juice, depending on how sharp you want it
- 2 teaspoons onion powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon prepared mustard

Directions

1. Begin by combining the agar and tap water in a small sauce pan.
2. Heat over a medium flame, stirring often.
3. When the mixture boils, reduce the heat a bit.
4. Allow the agar to boil gently for 5 minutes.
5. Stir often to prevent burning and to make sure that all of the agar dissolves.
6. Meanwhile, measure all of the other ingredients into a blender container.
7. When the agar is finished boiling, carefully pour it into the blender container.
8. Place the lid on the blender and whizz it on high for about a minute.
9. Stop, scrape down the sides, replace the lid and whizz again, for about another minute.
10. The mixture should be very smooth and the same orange color as dairy cheddar.
11. Pour the mixture into a small, lightly oiled loaf pan.
12. The pan I use is about 3 by 7 inches.
13. Place the pan in the refrigerator and allow it to chill until firm

Next week see vegan cheese recipes.

The Portland Observer Established in 1970 is "Committed to Cultural Diversity"

Diversity Works at The Portland Observer



Joyce Washington
1937-1996
Co-Founder



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