

SAFEWAY
Ingredients for life.®

Attention!
We welcome Walgreens
Express Scripts Plan Members

GET A
\$25
REWARD COUPON
when you transfer
your prescriptions.

*Restrictions and exclusions apply.
See Pharmacist for details.

MEAT STOCK UP SALE!

MIX & MATCH
BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

MEAT SALE!

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

Foster Farms Fresh Whole Fryer
Locally grown. Or Whole Split Chicken.

Pork Shoulder Blade Steak
Bone-in. Extreme Value Pack.

Rancher's Reserve® Boneless Beef Chuck Pot Roast



80% Lean Ground Beef
Not to exceed 20% fat.
Or 93% Lean Ground Beef.
\$2.99 lb. Not to exceed 7% fat. SAVE up to \$1.40 lb.

2.29
lb
Club Price

4.88
lb
Club Price

Alaskan Cod Fillets
Previously frozen.

1.28
lb
Club Price

Red or Green Seedless Grapes
SAVE up to \$1.71 lb.

BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

Oscar Mayer Deli Fresh Lunchmeat or Fun Pack Lunchables
6.7 to 11.7-oz. package.
Selected varieties.
SAVE up to \$4.99 on 2

99¢
lb
Club Price

Safeway Chicken Thighs, Drumsticks or Leg Quarters
Extreme Value Pack.
SAVE up to 50¢ lb.

99¢
Club Price

OvenJoy Sandwich Breads
22-oz. White or Wheat. Or 8-ct. Safeway Kitchens Hot Dog or Hamburger Buns. SAVE up to 50¢

4.99
ea
Club Price

5-lb. Box Clementines
SAVE up to \$4.00 ea.

1.99
ea
Club Price

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

10 for \$6
Club Price

Yoplait Yogurt
4 to 6-oz. Selected varieties.
Club Price: 60¢ ea.
SAVE up to \$1.00 on 10

BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

Fritos or Cheetos
9 to 10.5-oz. Selected varieties.
SAVE up to \$3.49 on 2

1.99
ea
Club Price

Lean Cuisine Meals
6 to 11.5-oz. Selected varieties.

1.99
Club Price

Safeway Apple Juice
64-oz. Selected varieties.
SAVE up to 70¢

BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

Nabisco Chips Ahoy! or Premium Saltines
9.5 to 16.5-oz. Selected varieties.
SAVE up to \$4.19 on 2

7.20
Club Price

Cupcake, Columbia-Crest Estate or Eola Hills
750-ml. Selected varieties.
Single Bottle Price: \$7.99 ea.

99¢
lb
Club Price

Safeway Chicken Thighs, Drumsticks or Leg Quarters
Extreme Value Pack.
SAVE up to 50¢ lb.

BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

Buddig Deli Thin Sliced Lunchmeat
2 to 12-oz. Selected varieties.
SAVE up to \$4.99 on 2

BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

Lloyd's BBQ Rib, Shredded Meat Tubs or Hormel Bacon
12 to 37.4-oz. Selected varieties.
SAVE up to \$18.99 on 2

BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

Lloyd's BBQ Rib, Shredded Meat Tubs or Hormel Bacon
12 to 37.4-oz. Selected varieties.
SAVE up to \$18.99 on 2

BUY 4 SAVE 2
Mix & Match

All participating items must be scanned and purchased in a single transaction with your Club Card. Valid 1/25/12 thru 1/31/12. Items may not be available in all stores.

Participating Items: Progress Rich & Hearty Soup 18.5 to 19-oz., Progress Health Soup 18.5 to 19-oz., Amy's Organic Soups 14.1 to 14.5-oz., Campbell's Soup at Hand 10.75-oz., Campbell's Red and White Beef 15.4-oz., Healthy Choice Microbreads 14-oz., O'Organics™ Soup 17.3-oz. Selected varieties.

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

Up to \$1 off per gallon

GET ALL THIS

One (1) 1.25 Liter Bottle of Coca-Cola (any variety)
+ One (1) bag Nabisco Snack-Saks (any variety, 6.2-oz.)
+ One (1) bag The Snack Artist Chips (any variety)

when you buy the Blu-ray™ Combo Pack or DVD

REAL STEEL
with Card

While valid. While supplies last. *Participating items must be purchased in a single transaction with your Safeway Club Card. Customer pays tax. Offer ends 1/31/12. See store for details. Offer subject to availability and requires opt-in.

FOOD

HEALTHY ALTERNATIVES

Use any vegan cheese or see last week's recipe.



Vegan Spinach Lasagna

Ingredients

- Spinach Ricotta Cheese mixture
- 1 (10 1/2 ounce) package firm tofu, well-drained
- 8 ounces tofutti vegan cream cheese
- 1 (10 ounce) box frozen chopped spinach, thawed, well-drained
- 1 large white onion, chopped
- 4 garlic cloves, chopped
- 2 teaspoons basil (dried or fresh)
- 2 teaspoons parsley (dried or fresh)
- ground pepper
- salt
- 9 lasagna noodles, cooked
- 20 ounces tomato sauce
- 12 ounces frozen morningstar soy crumbles ("ground beef")
- 2 cups mushrooms, chopped
- vegan parmesan cheese (optional)

Directions

1. In olive oil, saute chopped onions and garlic. Stir in mushrooms, basil and parsley and saute for a few more minutes.
2. In a bowl, combine saute pan contents with well-squeezed/draind tofu and vegan cream cheese.
3. Add well-drained spinach to saute pan and heat briefly to remove any remaining moisture in spinach. Incorporate into "cheese" mixture, salt and pepper liberally.
4. Cover bowl and let sit in fridge for at least 30 minute, preferably over night-The longer it sits together, the better the flavors meld, (This is also nice because you get 1/2 the prep done the night before and can throw your lasagna together in minutes the next day).
5. Heat "ground beef" crumbles in pan with some of the tomato sauce, about 1/2 to 1c.
6. Cook lasagna noodles according to package (usually 12 minutes), Add oil to salted boiling water to keep noodles from sticking to one another.
7. Spray 9x13 dish w/ non-stick, Layer 3 noodles, layer half remaining tomato sauce, layer half of "cheese" mixture, 2nd layer noodles, layer all "ground beef" mixture, layer second half of "cheese" mixture, 3rd layer noodles covered with remaining tomato sauce. Sprinkle top liberally with vegan parmesan cheese.
8. Cover with foil and bake at 400°F for 30 minutes, and uncovered for another 10 minutes.
9. Let sit for 5+ minutes before serving.

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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JANUARY 25 26 27 28 29 30 31
WED THUR FRI SAT SUN MON TUE

Prices on this page are effective
Wednesday, January 25 thru Tuesday, January 31, 2012.
ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, January 25 thru Tuesday, January 31, 2012 in all Safeway stores in Oregon (except Milport-Freewater) and S.W. Washington stores serving Washouak, 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 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. © 2012 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.