

SAFEWAY



THE JOY OF FOOTBALL

Everything You Need Before, During & After the Game!

 <p>Rancher's Reserve® Tender Beef</p>	<p>3.99</p> <p>Rancher's Reserve® Boneless Beef Petite Sirloin Ball Tip Steak Extreme Value Pack. SAVE up to \$3.00 lb.</p>	<p>4.99</p> <p>Rancher's Reserve® Beef New York Strip Loin Steak Bone-In. Extreme Value Pack. SAVE up to \$5.00 lb.</p>
<p>5.99</p> <p>Rancher's Reserve® Beef T-Bone Steak Extreme Value Pack. SAVE up to \$4.00 lb.</p>	<p>2.49</p> <p>Eating Right® Boneless Skinless Chicken Breasts Or Tenders, Thin Sliced or Thighs. SAVE up to \$2.50 lb.</p>	<p>2.49</p> <p>Rancher's Reserve® Beef Round Tip Roast Or Beef Bottom Round Roast. SAVE up to \$3.00 lb.</p>
<p>2.99</p> <p>Oscar Mayer Meat Franks 16-oz. Selected varieties.</p>	<p>6.99</p> <p>waterfront BISTRO® Jumbo Raw Shrimp 21 to 25-ct. Frozen/Thawed. SAVE up to \$5.00 lb.</p>	<p>68¢</p> <p>Hass Avocados SAVE up to 57¢ ea. Limit 6.</p>
<p>2 \$4</p> <p>Safeway Kitchens Variety Breads or Franz Big White Selected sizes and varieties. Club Price: \$2.00 ea. SAVE up to 96¢ on 2.</p>	<p>2.99</p> <p>Golden Sweet Pineapple Sold Whole. SAVE up to \$1.00 ea.</p>	<p>2 \$4</p> <p>Safeway Farms or Fresh Express Kit Salads 6.4 to 13.8-oz. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$2.58 on 2.</p>
<p>2.69</p> <p>Pantry Essentials or Dairy Glen Milk Gallon, 2%, 1%, Fat Free or Creamy Fat Free.</p>	<p>3 \$10</p> <p>Red Baron Pizza 19.79 to 22.1-oz. Selected varieties. Club Price: \$3.33 ea. SAVE up to \$4.97 on 3.</p>	<p>2 \$9</p> <p>Gatorade 8-pack, 20-oz. Selected varieties. Club Price: \$4.50 ea. SAVE up to \$4.98 on 2.</p>
<p>1 BUY 1 FREE</p> <p>Tillamook Cheese 8-oz. Shredded or Natural Slices. Selected varieties.</p>	<p>3.99</p> <p>DiGiorno Original Pizza 14.8 to 34.2-oz. Selected varieties. SAVE up to \$2.50.</p>	<p>9.99</p> <p>Kendall-Jackson, Chateau Ste Michelle or H3 750-ml. Selected varieties. Single Bottle Price: \$10.99 ea. SAVE up to \$1.00.</p>

CRAFT BEER SALE

Check Out Our Large Selection of Craft Beers

Participating Items: 12-Pack Widmer, Deschutes, Full Sail, Bridgeport, MacTarnahan's or Eona. 12-oz. bottles. Selected varieties. Plus deposit in Oregon.

12.99

Club Price

Attention! We welcome Walgreens Express Scripts Plan Members

GET A \$25 REWARD COUPON

when you transfer your prescriptions.

*Restrictions and exclusions apply. See page 3 or Pharmacist for details.

THE JOY OF FOOTBALL

5 DAY SALE

WEDNESDAY THRU SUNDAY ONLY!

Must Buy 5

7-UP

pepsi

3 BUY 2 GET 1 FREE

12-Pack Pepsi or 7-UP. 12-oz. cans. Selected varieties. Plus deposit in Oregon.

16.88

24-Pack Coors, Bud, Miller, 30-Pack Busch, Keystone or 15-Pack Bud Light Aluminum Pints
12-oz. bottles or cans or 16-oz. Bud Light Aluminum Pints. Plus deposit in Oregon.

1.99

Lay's Potato Chips or Rold Gold Pretzels
10 to 10.5-oz. Lay's or 7 to 16-oz. Rold Gold. Selected varieties. SAVE up to \$2.30.

2.88

Best Foods Mayonnaise or Kraft Miracle Whip
22 to 30-oz. Selected varieties. Limit 3.

Fan-tastic Daily Deals

See Store for more details

FOOD

myrecipes.com



Salmon with Pineapple-Jalapeno Relish

This inviting recipe belies its simple preparation. Seed the jalapeno pepper if you prefer a milder dish, and serve over coconut rice accompanied by a crunchy salad.

Ingredients

- 2 cups chopped pineapple
- 1/4 cup finely chopped red onion
- 1/4 cup finely chopped red bell pepper
- 1 tablespoon fresh lemon juice
- 2 teaspoons sugar
- 1 finely chopped seeded jalapeño pepper
- 1/2 teaspoon salt, divided
- Cooking spray
- 1 teaspoon chili powder
- 1/4 teaspoon black pepper
- 4 (6-ounce) salmon fillets

Preparation

1. Combine first 6 ingredients in a medium bowl; stir in 1/4 teaspoon salt.
2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
3. Combine remaining 1/4 teaspoon salt, chili powder, and black pepper, stirring well; sprinkle evenly over fish. Add fish to pan, skin side up; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
4. Serve with pineapple mixture.

Chicken and Vegetable Pot Pie

Who needs butter? This pie gets its velvety richness from olive oil, wine, low-fat milk, and a double dose of vegetables.

Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 2 onions, chopped
- 4 carrots, diced
- 3 tablespoons all-purpose flour
- 1/2 cup dry white wine
- 2 cups 1 percent milk
- 1 10-ounce package frozen peas
- 1 tablespoon fresh thyme
- Kosher salt and pepper
- 1 9-inch store-bought piecrust, thawed if frozen



Preparation

1. Heat oven to 400° F. Cook the chicken in a pot of simmering water until cooked through, 10 to 12 minutes; let cool, then shred.
2. Meanwhile, heat the oil in a saucepan over medium heat. Add the onions and carrots and cook, stirring, until they begin to soften, 6 to 8 minutes (do not let them darken). Sprinkle the flour over the vegetables and cook, stirring, for 1 minute.
3. Add the wine and cook until evaporated, about 5 minutes. Add the milk and simmer until the sauce thickens, 2 to 3 minutes. Stir in the chicken, peas, thyme, 3/4 teaspoon salt, and 1/4 teaspoon pepper. Transfer to a shallow 1 1/2- to 2-quart baking dish.
4. Lay the crust on top, pressing to seal. Cut several vents in the crust. Place the pot pie on a baking sheet and bake until bubbling and the crust is golden, 30 to 35 minutes.

FEBRUARY 1 2 3 4 5 6 7

Prices on this page are effective Wednesday, February 1 thru Tuesday, February 7, 2012. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, February 1 thru Tuesday, February 7, 2012 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 phenylpropranolamine 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.