

SAFEGWAY

Ingredients for life.

Attention!
We Welcome Walgreens Express Scripts Plan Members when you transfer your prescriptions.
GET A \$25 REWARD COUPON
*Restrictions and exclusions apply. See in-store Customer Service or Pharmacist for details. Coupon good on your next qualified purchase of \$50 or more in a single transaction.

MIX & MATCH

BUY 1 GET 1 FREE

EQUAL OR LESSER VALUE

Club Price

MEAT SALE!

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

Rancher's Reserve® Boneless Beef Chuck Shoulder Cross Rib Roast

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

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

waterfront BISTRO® Jumbo Raw Shrimp
21 to 25-ct. Or Alaskan Snow Crab Clusters. \$7.99 lb. Frozen/Thawed. SAVE up to \$5.00 lb.

6.99 lb
Club Price

Red Seedless Grapes
SAVE up to \$1.71 lb.

1.28 lb
Club Price

Open Nature™ Breads, Hot Dog or Hamburger Buns
Selected sizes and varieties. Club Price: \$2.50 ea. SAVE up to \$1.98 on 2

2 for \$5
Club Price

Sonya or Rosalynn Apples
SAVE up to \$1.21 lb.

1.28 lb
Club Price

0 Organics™ Salads
5 to 7-oz. Selected varieties. Club Price: \$2.50 ea. SAVE up to \$1.98 on 2

2 for \$5
Club Price

Kellogg's Raisin Bran
20-oz. Or Corn Flakes 12-oz. Cereal. Club Price: \$2.50 ea. SAVE up to \$5.96 on 4

4 for \$10
Club Price

Arrowhead Water
24-pack, 16.9-oz. Plus deposit in Oregon.

3.79
Club Price

Arm & Hammer Detergent
60.5 to 75-oz. Liquid. Selected varieties. SAVE up to \$5.99 on 2

BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

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

2.69
Club Price

Marie Callender's or Healthy Choice Meals
8.5 to 19-oz. Selected varieties. Excluding Steamers. Club Price: \$2.50 ea.

4 for \$10
Club Price

Charmin Bath Tissue or Bounty Paper Towels
12 or 16-Roll Tissue or 6-Roll Towels. Selected varieties. SAVE up to \$1.50

7.99
Club Price

BUY 2 GET 2 FREE

EQUAL OR LESSER VALUE

12-Pack Coca-Cola
12-oz. cans. Selected varieties. Plus deposit in Oregon.

Offer valid with Safeway Club Card between 2/15/12 - 2/21/12. Four (4) participating Coca-Cola 12-packs and one package of participating Nabisco Snacks must be purchased in single transaction. Plus CRV, tax, and deposit where applicable. Check out for details, offers and restrictions may vary.

PLUS! GET 1 FREE

Nabisco Snack Crackers
5.5 to 10-oz. Selected varieties.

REWARD POINTS at SAFEGWAY

Back by Popular Demand!

Buy Gift Cards, Earn **4x** Gas Reward Points

Earn up to \$1 per gallon in Rewards!

GO ORGANIC!

PRICES are now LOWER

USDA ORGANIC

Organic Blueberries
Pint container. SAVE up to \$3.00 ea.

2.99 ea
Club Price

Organic Red Bell Peppers
SAVE up to \$1.20 ea.

99¢ ea
Club Price

Organic Bosc or D'Anjou Pears
SAVE up to 91¢ lb.

1.28 lb
Club Price

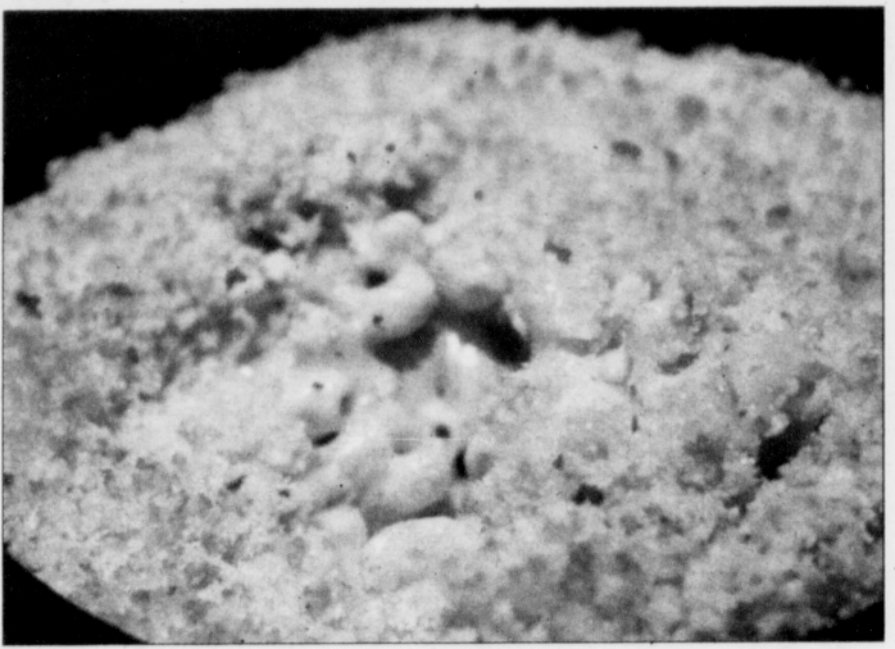
0 Organics™ Romaine Hearts
3 count package. Club Price: \$3.00 ea. SAVE up to \$1.98 on 2

2 for \$6
Club Price

Make it Italian tonight!

0 ORGANICS

FOOD



Nutricious Spicy Mac

Combining the best of healthy and tasty mac and cheese recipes, this dish is sure to please and satisfy.

- Ingredients**
- 1 cup shredded sharp cheddar cheese
 - 2/3 cup fat-free plain yogurt
 - 1/2 cup canned garbanzo beans, rinsed and drained
 - 1 pinch ground nutmeg, or to taste
 - 1/2 cup dry bread crumbs
 - 1 tablespoon butter or margerine
 - 1 cup mashed sweet potatoes
 - salt and pepper to taste
 - 1/4 cup grated Parmesan cheese
 - 1 (16 ounce) package whole wheat elbow macaroni
 - 1 tablespoon grated onion
 - 1 teaspoon Hungarian paprika or cayenne pepper
 - 1/2 cup shredded broccoli crowns (remove stems)

- Kitchenware**
- large pot
 - colander
 - Whisk
 - Bowl
 - Saucepan
 - blender
 - 9x13 inch dish

- Directions**
1. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil.
 2. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still very firm to the bite, about 5 minutes. Drain well in a colander set in the sink, and rinse with cold water until cold; set aside.
 3. Meanwhile, melt 1 tablespoons of butter in a large saucepan over medium-low heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes.
 5. Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
 6. Place the garbanzo beans, yogurt, cayenne pepper (or Hungarian paprika), nutmeg, salt, pepper and half the broccoli crowns into a blender. Cover, and blend until smooth. Scrape the puree into a small bowl and stir in the Parmesan cheese and most of the bread crumbs; set aside.
 7. Whisk in the sweet potatoes into the saucepan. Whisk in half of the Cheddar cheese until melted. Stir in the macaroni until well coated with the sauce, then pour half into the prepared baking dish.
 8. Sprinkle the remaining Cheddar cheese ovetop, then cover with the remaining macaroni. Smooth the top, then dot with the garbanzo bean mixture and the remaining 2 tablespoons of butter.
 9. Bake in the preheated oven until the sauce is bubbly, and the top is golden brown, 30 to 40 minutes.
 10. Sprinkle remaining breadcrumbs and shredded broccoli on top. Allow the dish to rest and cool for 5 minutes before serving.