

# SAFEWAY

Ingredients for life.

<p><b>Rancher's Reserve® Beef Top Round London Broil</b> Or Beef Round Bottom Steak, \$3.99 lb. Extreme Value Pack. SAVE up to \$3.00 lb.</p>	<p><b>Boneless Pork Top Loin Center Cut Chops</b> Extreme Value Pack. SAVE up to \$3.00 lb.</p>
<p><b>Eating Right® Boneless Skinless Chicken Breasts</b> Or Thin Sliced, Tenderloins or Thighs. Extreme Value Pack. SAVE up to \$2.00 lb.</p>	<p><b>80% Lean Ground Beef</b> Not to exceed 20% fat. Or 78% Lean Ground Beef. Sold in a 3-lb. Club, \$2.29 lb. Extreme Value Pack. SAVE up to \$1.20 lb.</p>

<p><b>4.99 lb</b> Club Price</p> <p><b>Whole Alaskan Sockeye Salmon</b> 4 to 6-lb. Fish. Previously frozen. While supplies last.</p>	<p><b>BUY 1 GET 1 FREE</b> EQUAL OR LESSER VALUE</p> <p><b>Blueberries or Blackberries</b> 6-oz. container. SAVE up to \$3.99 on 2</p>
--	--

<p><b>BUY 1 GET 1 FREE</b> EQUAL OR LESSER VALUE</p> <p><b>Open Nature™ Variety or Sandwich Breads</b> 24-oz. Mix &amp; Match. SAVE up to \$3.49 on 2</p>	<p><b>1.49 lb</b> Club Price</p> <p><b>Green Seedless Grapes</b> SAVE up to \$1.50 lb.</p>	<p><b>2.99 ea</b> Club Price</p> <p><b>Safeway Farms Café Bowls</b> 5 to 7.75-oz. Or Safeway Farms or Fresh Express Salad Kits 6 to 13.8-oz. 2 for \$5. Selected varieties. SAVE up to \$2.00 on 2</p>
---	--	--

<p><b>2 for \$6</b> Club Price</p> <p><b>Tropicana Pure Premium or Trop50 Juice</b> 59-oz. Chilled. Selected varieties. Club Price: \$3.00 ea.</p>	<p><b>3.99</b> Club Price</p> <p><b>Aquafina or Dasani Water</b> 24-pack, 16.9-oz. Plus deposit in Oregon. SAVE up to \$1.50</p>	<p><b>4 for \$10</b> Club Price</p> <p><b>Marie Callender's or Healthy Choice Meals</b> 8.5 to 19-oz. Selected varieties. Excludes Steamer. Club Price: \$2.50 ea. SAVE up to \$1.98 on 4</p>
--	--	---

<p><b>2 for \$3</b> Club Price</p> <p><b>Progresso Rich &amp; Hearty Soup</b> 18.5 to 19-oz. Selected varieties. Club Price: \$1.50 ea.</p>	<p><b>BUY 1 GET 1 FREE</b> EQUAL OR LESSER VALUE</p> <p><b>Ruffles Potato Chips</b> 8.5 to 9.5-oz. Selected varieties. SAVE up to \$4.29 on 2</p>	<p><b>13.99</b> Club Price</p> <p><b>Charmin Bath Tissue or Bounty Paper Towels</b> 24 Big Roll Tissue or 12 Big Roll Towels. Selected varieties. SAVE up to \$4.00</p>
---	---	---

## THE BIG CHEESE EVENT!

Mix & Match

**BUY 1 GET 1 FREE**  
EQUAL OR LESSER VALUE

Look for these tags in the cheese section.

## REWARD POINTS

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

Up to \$1 off per gallon



**1-HOUR DELIVERY WINDOWS**  
Same day if you order by 8:30am.

**SHOP BY YOUR HISTORY**  
It has everything you've bought in-store and online.

\*Online orders only.

**FREE delivery**

— PLUS —

**FREE 24-pack refresher water\***



**LIMITED TIME**  
thru 3/20/12!

Shop at **SAFEWAY.com**  
Use Promo Code: **CLICK**

First Time Customers Only.  
\*New online customers only. Water automatically added to cart. \$49 minimum order required for delivery service. Limit 1 per household. Offer expires 3/20/12.

# FOOD

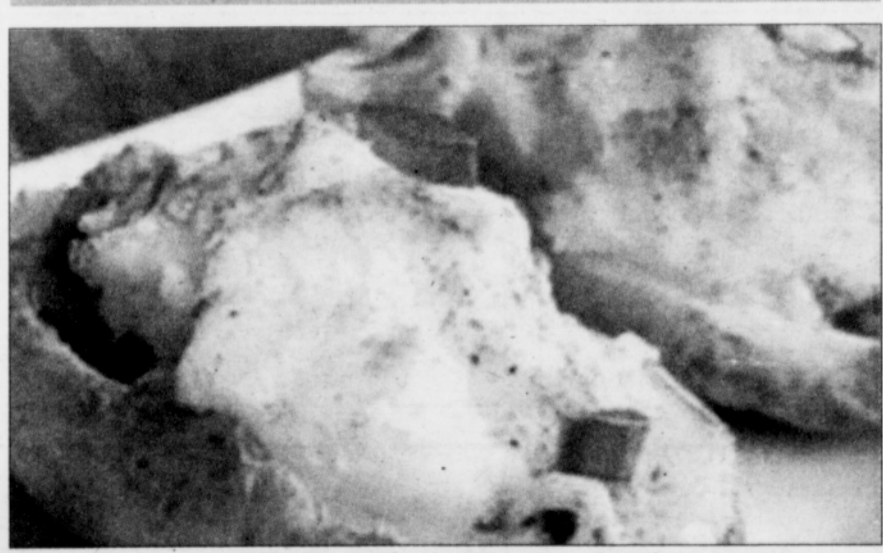


## Spinach with Garbanzo Beans

This recipe can be eaten as a side dish or as a light meal. It's great with a grilled pork chop and some crusty bread. Its origins date back to North African cultures and is one of the very popular choices of tapas in Seville's bars.

- Ingredients**
- 1 tablespoon extra-virgin olive oil
  - 4 cloves garlic, minced
  - 1/2 onion, diced
  - 1 (10 ounce) box frozen chopped spinach, thawed and drained well
  - 1 (12 ounce) can garbanzo beans, drained
  - 1/2 teaspoon cumin
  - 1/2 teaspoon salt

- Directions**
1. Heat the olive oil in a skillet over medium-low heat. Cook the garlic and onion in the oil until translucent, about 5 minutes.
  2. Stir in the spinach, garbanzo beans, cumin, and salt.
  3. Use your stirring spoon to lightly mash the beans as the mixture cooks.
  4. Allow to cook until thoroughly heated.



## Herbed Twice-Baked Potatoes

Light cream cheese, garlic and butter make these potatoes irresistible. Replace the basil with parsley if you'd like.

- Ingredients**
- 2 medium baking potatoes
  - 1 1/2 ounces reduced-fat cream cheese, cubed
  - 1 tablespoon snipped chives
  - 1/4 teaspoon salt
  - 1/4 teaspoon dried basil
  - dash cayenne pepper
  - 3 tablespoons fat-free milk
  - 3 teaspoons butter, melted and divided
  - 1 dash garlic powder
  - 1 dash paprika

- Directions**
1. Scrub and pierce potatoes. Bake at 375 degrees F for 1 hour or until tender. Cool for 10 minutes. Cut potatoes in half. Scoop out pulp, leaving a thin shell.
  2. In a bowl, mash the pulp with cream cheese, chives, salt, basil and cayenne. Add milk and 1-1/2 teaspoons butter; mash. Spoon into potato shells. Drizzle with remaining butter; sprinkle with garlic powder and paprika. Place on an ungreased baking sheet. Bake for 15-20 minutes or until heated through.