

SAFEWAY

REAL BIG DEALS EVERY WEEK WITH YOUR CARD

RANCHER'S Reserve

3.97 lb. **Club Price** **Rancher's Reserve® Boneless Beef Petite Sirloin Steak** Extreme Value Pack. SAVE up to \$2.52 lb.

4.47 lb. **Club Price** **Rancher's Reserve® Beef Top Sirloin Steak** Extreme Value Pack. SAVE up to \$2.52 lb.

4.97 lb. **Club Price** **Rancher's Reserve® Boneless Beef Tri-Tip Roast** SAVE up to \$1.52 lb.

1.69 lb. **Club Price** **Pork Shoulder Blade Whole Roast** Sold in the bag. Or Pork Shoulder Blade Steak, \$2.49 lb. Extreme Value Pack. SAVE up to \$1.30 lb.

88¢ lb. **Club Price** **Foster Farms Fresh Whole Fryer** Or Foster Farms Fresh and Easy Chicken Breasts, \$3.99 lb. Locally Grown. SAVE up to 80¢ lb.

3.99 lb. **Club Price** **Whole King Salmon** Head-On. Or King Salmon Roast, \$5.99 lb. Farm raised. Previously frozen. SAVE up to \$2.00 lb.

2.99 for **Club Price** **Tropical Mangos** Red or Ataulfo. Club Price: 50¢ ea. SAVE up to \$2.58 on 2

99¢ **Club Price** **Safeway Kitchens Butter Top Breads or Hot Dog or Hamburger Buns** Selected sizes and varieties. SAVE up to \$1.00

99¢ lb. **Club Price** **Broccoli Crowns** SAVE up to 50¢ lb.

2.55 for **Club Price** **Fresh Express or Safeway Farms Salad Kits** 6 to 13.8-oz. Club Price: \$2.50 ea. SAVE up to 96¢ on 2

10.99 for **Club Price** **Yoplait Yogurt** 4 to 6-oz. Selected varieties. Club Price: 60¢ ea.

2.00 **Club Price** **Marie Callender's Meals** 10, 25 to 19-oz. Selected varieties. Excludes Steamers. SAVE up to 99¢

10.99 **Club Price** **Tide Detergent or Stain Release** 100-oz. Liquid, 95 to 98-oz. Powder or 34-oz. Stain Release. Selected varieties. SAVE up to \$4.00

2.59 **Club Price** **Pantry Essentials™ Milk** Gallon, 2% 1% or Fat Free.

2.55 for **Club Price** **Nabisco Snack Crackers or Toasted Chips** 5.5 to 10-oz. Snack Crackers or 8.1-oz. Toasted Chips. Selected varieties. Club Price: \$2.50 ea.

3.49 **Club Price** **Nestlé Pure Life Water** 24-pack, 16.9-oz. Plus deposit in Oregon. SAVE up to \$1.00

BUY 4 SAVE \$4 *Must buy 4 or more with Club Card

1.49 **Club Price** **General Mills Cinnamon Toast Crunch 12.8-oz., Cheesecake 8.9-oz., Chewy Cereal 12.8 to 14-oz., Softly's Pop Tarts 8-oz. or Betty Crocker Frost Treats 4.5 to 9-oz.** when you buy 4 or more

1.79 **Club Price** **Orkin Spray 100% Cranberry Cocktail Juice 64-oz. or Capri Sun Drinks, 10 pack, 9-oz.** when you buy 4 or more

1.99 **Club Price** **Quaker Life 13-oz., Kellogg's Special K Cereal 12 to 13.6-oz., Kellogg's Special K Bars 4-oz., Mott's Apple Juice 64-oz. or V8 Juice 48-oz.** when you buy 4 or more

REWARD POINTS

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

Up to \$1 Off Per gallon

4 Day Cinco de Mayo Sale!

Prices valid Wednesday 5/2 thru Saturday 5/5

Must Buy 5

3 FREE **Club Price** **12-Pack Pepsi** 12-oz. cans. Selected varieties. Plus deposit in Oregon. SAVE up to \$20.97 on 5

2.99 lb. **Club Price** **Rancher's Reserve® Boneless Beef Chuck Cross Rib Roast** Or Boneless Beef Chuck Shoulder Cross Rib Thin Cut Steak, \$3.99 lb. Extreme Value Pack. SAVE up to \$2.50 lb.

3.51 for **Club Price** **Sweet Corn** Club Price: 34¢ ea.

12.97 **Club Price** **12-Pack Corona, Pacifico or Modelo** 12-oz. bottles. Selected varieties. Plus deposit in Oregon.

the Big Cheese Event! Mix & Match

BUY 1 GET 1 FREE **Club Price**

Participating items include: Sargento Natural Slices 6.7 to 8-oz., Kraft 8-oz. Cream Cheese, Sargento 8-oz. Shredded Cheese, Precious 16-oz. String Cheese. Look for many more participating items in store.

Offer valid 5/2/12 thru 5/8/12

FOOD



Steamed Vegetables with Rice

Enjoy Asian - style dinner tonight. Steamed vegetables served with peanut sauce and rice - ready in just 30 minutes!

- Ingredients**
- 1 Japanese or regular eggplant, cut into 2 1/2-inch strips (3 cups)
 - 1 crown of broccoli, chopped
 - 1 medium red bell pepper, cut into julienne strips (1 1/2 cups)
 - 1 large carrot, cut into julienne strips (1 cup)
 - 1 cup sliced bok choy (stems and leaves) or celery
 - 1 medium onion, thinly sliced
 - 1/2 pound Chinese pea pods (2 cups)
 - 2 cups hot cooked basmati or other white rice (use brown rice instead if desired)

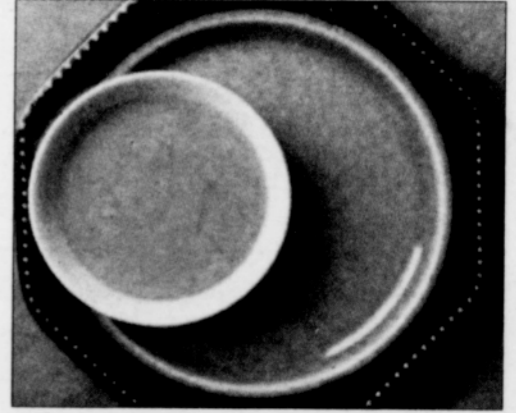
Directions

Place steamer basket in 1/2 inch water in saucepan or skillet (water should not touch bottom of basket). Place eggplant, bell pepper, carrot, bok choy and onion in steamer basket. Cover tightly and heat to boiling; reduce heat. Steam 5 to 8 minutes or until vegetables are crisp-tender; add pea pods for the last minute of steaming.

Note: Add Any type of cooked meat desired for a non-vegetarian version.

Thai Peanut Sauce

While most Western versions of peanut sauce are made with peanut butter, this authentic Thai peanut sauce recipe starts with real peanuts - and you'll taste the difference! Great for Dipping or Marinating!



- Ingredients:**
- 1 cup fresh-tasting dry roasted peanuts, unsalted
 - 1/3 cup water
 - 2 cloves garlic, minced
 - 1/2 tsp. dark soy sauce
 - 2 tsp. sesame oil
 - 1 to 2 Tbsp. brown sugar, to taste
 - 2 to 2.5 Tbsp. fish sauce - for vegetarians: substitute 2.5 to 3 Tbsp. regular soy sauce
 - 1/2 tsp. tamarind paste OR 2 Tbsp. lime juice
 - 1/2 tsp. cayenne pepper, OR 1 tsp. Thai chili sauce (more or less to taste)
 - (1/3 cup coconut milk)

Preparation:

1. Place all ingredients in a blender or food processor. Blend or process until sauce is smooth. If you prefer a runnier peanut sauce, add a little more water or coconut milk.
2. Do a taste test, adding more fish sauce (or soy sauce) if not salty enough, or more cayenne if not spicy enough. If too salty, add a squeeze of fresh lime juice. If you'd prefer it sweeter, add a little more sugar.
3. Serve warm or at room temperature with my Thai Chicken Satay, as a dip with fresh veggies, with fresh spring rolls, or other Asian finger foods. Or combine with noodles to create a Thai-style noodle dish or cold noodle salad. Enjoy!

Note: This sauce tends to thicken as it sits - just add a little water or coconut milk to thin it out, as needed. Otherwise it stores well if kept covered in the refrigerator (keep up to 2 weeks; freeze thereafter).

MAY 2 3 4 5 6 7 8

Prices on this page are effective Wednesday, May 2 thru Tuesday, May 8, 2012. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, May 2 thru Tuesday, May 8, 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 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.