

# SAFEWAY

Ingredients for life.

Introducing **REWARD POINTS**

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

Up to **\$1 off** Per gallon

See store for details or visit Safeway.com.

**MIX & MATCH**

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

**MEAT SALE!**

**Rancher's Reserve® Boneless Beef Round Tip Steak** Extreme Value Pack.

**Eating Right® Boneless Skinless Chicken Breasts Or Thighs** Or Tenderloin Thin Sliced.

**Assorted Pork Loin Chops** Bone-In. Extreme Value Pack.

**93% Lean or 90% Sirloin Ground Beef** Extreme Value Pack.

**In the Deli**

**5.99 lb** Club Price **8.99 lb** Club Price

**Primo Taglio® Pan Roasted Turkey or Muenster Cheese** SAVE up to \$3.00 lb.

**Fresh Wild Sockeye Salmon Fillets.** Weather permitting. SAVE up to \$8.00 lb.

**1.88** Club Price **2.94** Club Price **8.99** Club Price

**12-Pack retresh® or 8-Pack Natural Soda** 12 oz. cans. Selected varieties. Plus featured in Oregon. SAVE up to \$1.91.

**Sara Lee Mix & Match Sale** Selected items and varieties. Club Price: \$2.99 ea.

**Single Bottle Sale Price 8.99** Club Price **Six Pack Carrier Price 8.10** Club Price

**2.94** Club Price **10.96** Club Price **6.99** Club Price

**Lucerne® Large Eggs** 18-ct. Grade AA. Club Price: \$2.00 ea.

**Yoplait Yogurt** 4 to 8-oz. Selected varieties. Club Price: \$2.99 ea.

**Safeway SELECT® Coffee** 10 to 12-oz. Selected varieties. SAVE up to \$2.00.

**1.49** Club Price **5.49** Club Price

**Hot House Tomatoes** SAVE up to \$1.00 lb.

**Green Bell Peppers** Club Price: \$1.99 ea.

**BUY 1 GET 1 FREE** Club Price **1.49** Club Price **5.49** Club Price

**Kraft Salad Dressing** 14 to 16-oz. Selected varieties.

**Lay's or Lay's Kettle Chips** 2.5 to 10.5-oz. Selected varieties. SAVE up to \$4.25 ea.

**Safeway Softly Bath Tissue or Thirsty Paper Towels** 16 or 12 Roll Tissue or 6 or 3 Roll Towels. Selected varieties. SAVE up to \$1.00.

**THE BIG CHEESE EVENT!**

**BUY 2 GET 1 FREE**  
EQUAL OR LESSER VALUE  
Club Price

your groceries, your choices, your schedule... delivered!

FREE Delivery On First Order! Get it SAFEWAY.com

SUMMER PRODUCE

**2.99 lb** Club Price

**Northwest Sweet Cherries** SAVE up to \$3.00 lb.

**Jumbo Cantaloupe** Club Price: \$1.00 ea. SAVE up to \$1.50 ea.

**2.94** Club Price

**Curly or Flat Leaf Parsley or Cilantro** 20-oz. Club Price: \$1.99 ea. SAVE up to \$1.00 ea.

**2.94** Club Price

**Red Raspberries, Blueberries or Blackberries** 1.5 to 4-oz. containers. Club Price: \$2.99 ea. SAVE up to \$1.00 ea.

**2.94** Club Price

**Hot House Tomatoes** SAVE up to \$1.00 lb.

**1.49** Club Price

**Green Bell Peppers** Club Price: \$1.99 ea.

**2.94** Club Price

Our produce is guaranteed to be fresh, ripe and delicious.

# Food

## Big Flavor Hassle-Free on a Budget

### Couscous Cakes with Fresh Mango-Ginger Chutney

Serves 4

**Chutney:**

- 2 tablespoons Extra Light Olive Oil
- 1/4 cup finely chopped red onion
- 1 cup diced fresh or frozen, thawed mango
- 2 tablespoons sugar
- 2 tablespoons Red Wine Vinegar
- 1/4 teaspoon crushed red pepper
- 1 tablespoon grated ginger

**Couscous Cakes:**

- 1 1/3 cups water
- 2/3 cup original couscous
- 2 tablespoons grated lemon zest
- 1/2 cup chopped cilantro leaves
- 2 large egg whites
- 2 tablespoons all purpose flour
- 1/4 cup Mediterranean Olive Oil
- 1/2 teaspoon salt

**Chutney:** Heat 2 tablespoons oil in medium saucepan over medium heat. Cook onions 2 minutes. Stir in remaining chutney ingredients, except ginger, and bring to a boil over medium-high heat. Reduce heat and simmer, uncovered, 5 minutes or until thickened, stirring frequently. Remove from heat, cool and stir in ginger.

**Couscous Cakes:** Meanwhile, bring water to a boil in a small saucepan over high heat. Remove from heat, stir in couscous and salt, cover and let stand 5 minutes. Fluff with a fork and let stand 5 minutes to cool. Combine couscous, cilantro, egg whites, flour, and lemon zest in a medium bowl.

Heat 2 tablespoons oil over medium heat. Working with half of the couscous mixture, spoon about 2 tablespoons into skillet to make a mound, repeat, making 8 mounds total. Flatten slightly using the back of a spoon and cook for 3 minutes each side or until golden. Drain on paper towels. Repeat with remaining oil and couscous mixture.

Serve the couscous cakes with mango chutney.



### Quick & Healthy Casserole

Serves 6

- 1 1/4 pounds Yukon Gold potatoes, very thinly sliced
- 1 cup quartered and thinly sliced onion
- 1 cup shredded reduced-fat sharp cheddar cheese
- 1/2 teaspoon Italian herb seasoning
- 1/2 cup stock or reduced-sodium broth
- 1 1/2 teaspoons Dijon mustard
- 1/2 teaspoon garlic salt

Spray an 8-inch microwave-safe baking dish with non-stick cooking spray. Place 1/3 of the potatoes and 1/2 of the onions on bottom of dish and sprinkle with 1/3 of the cheese and 1/2 of the herbs. Repeat layers, then top with the last 1/3 of the potatoes, layering potatoes so that there is a solid layer of potatoes with no gaps; sprinkle with remaining cheese.

Stir together stock, Dijon and garlic salt and pour over potatoes. Cover with plastic wrap and microwave on HIGH for 20 minutes. Use oven mitts to remove dish from microwave; carefully remove cover from dish (due to steam build-up) and serve.

Optional: Preheat oven to 400°F and place casserole in oven for 5 to 10 minutes or until casserole is golden brown before serving.

**Caldwell's, Hennessey, Goetsch & McGee Funeral Home**

Von D. Bailey  
Funeral Director  
20 NE 14th Avenue  
Portland, OR 97232  
503-232-4111  
Fax 503-231-1586  
von.bailey@sci-us.com

**JULY 13 14 15 16 17 18 19**  
WED THUR FRI SAT SUN MON TUES

Prices on this page are effective Wednesday, July 13 thru Tuesday, July 19, 2011. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.