

**Savings
for Lent**

Stock Up
2.49
lb
Club Price
MEAT SALE!

Rancher's Reserve® Boneless Beef Chuck Pot Roast
Or Rancher's Reserve® Boneless Beef Chuck Thin Cut Steak, \$2.99 lb. Extreme Value Pack. SAVE up to \$2.50 lb.

93% Lean Ground Beef
Not to exceed 7% fat. Extreme Value Pack. SAVE up to \$2.50 lb.

Pork Loin Center Cut Chops
Bone-in. Or Assorted Pork Chops, \$1.99 lb. Extreme Value Pack. SAVE up to \$2.00 lb.

Eating Right® Boneless Skinless Chicken Breasts
Or Thin Sliced, Tenderloins or Thighs. SAVE up to \$2.50 lb.

3.99
ea
Club Price

8-lb. Bag Navel Oranges
SAVE up to \$3.00 ea.

6.99
lb
Club Price

Fresh Steelhead Fillets
Farm raised. Color added. SAVE up to \$4.00 lb.

99¢
Club Price

Cherry Bread or Softway Kitchens Hot Dog or Hamburger Buns
22-oz. White or Wheat. Or 8-ct. Buns. SAVE up to 30¢.

98¢
lb
Club Price

Broccoli Crowns or Cauliflower
SAVE up to 71¢ lb.

98¢
ea
Club Price

Fresh Express Spinach or Garden Plus Salads
11 to 12-oz. packages. Selected varieties. SAVE up to \$1.21 ea.

4.99
Club Price

Lucerne® Shredded or Chunk Cheese
32-oz. Selected varieties.

89¢
Club Price

Gatorade
32-oz. Selected varieties.

13.99
Club Price

Cottonelle Bath Tissue or Bounty or Viva Paper Towels
24 Roll Tissue or 10 or 12 Roll Towels. Selected varieties. SAVE up to \$1.00.

2 \$6
Club Price

Simply Orange, Apple, Cranberry or Grapefruit Juice
39-oz. Chilled. Selected varieties. Club Price: \$3.00 ea.

BUY 2 GET 2 FREE
Club Price

Fritos or Cheetos
9 to 10.5-oz. Selected varieties. SAVE up to \$4.98 on 4.

8.10
Club Price

Clos Du Bois, Chateau Ste Michelle or Yellow Tail
750-ml. Clos Du Bois, Chateau Ste Michelle or Yellow Tail. Selected varieties. Single Bottle Price: \$3.99 ea.

Buy Any 3 \$6
SAVE \$6
INSTANTLY
MIX & MATCH SALE

Look for Buy 3 Save \$6 tags on participating items.

Participating items include: Starbucks, Garden of Eatin', Betty's or Saville 10-oz., Popcorn Cakes, Honey Nuts & Nuts-Caramel Coffee 10.5 to 34.3-oz., Tostitos 4-Cups or Green Mountain 4-Cups 19-oz., Teeny Tiny Leaf Tea 3.33-oz., Teeny Tiny Tea 10-oz., Mellow House Coffee 12.3-oz. and Mellow House Tea 16-oz. Selected varieties.

*All participating items must be purchased and combined in a single transaction with your Club Card. Participating items may not be available in all stores. Offer valid 2/22/12 thru 2/28/12.

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

Up to \$1 off per gallon

3.99
lb
Club Price

Salad Shrimp Meat
Previously frozen. SAVE up to \$2.00 lb.

3.99
lb
Club Price

Swai Fillets
Farm raised. Previously frozen. SAVE up to \$3.00 lb.

6.99
lb
Club Price

waterfront BISTRO® Medium Cooked Shrimp
31 to 60-ct. Frozen/Thawed. SAVE up to \$4.00 lb.

7.99
lb
Club Price

Yellowfin Ahi Tuna Steaks
Previously frozen. SAVE up to \$2.00 lb.

6.30
ea
Club Price

Hogue, Columbia-Crest or Smoking Loon
750-ml. Selected varieties. Single Bottle Price: \$6.99 ea.

MIX & MATCH
WHEN YOU BUY 6 OR MORE

2 \$4
Club Price

Lucerne® Cheese
8-oz. Chunk or 12-oz. Quark. Fresh. Selected varieties. Club Price: \$2.00 ea.

2.99
Club Price

Daisy Sour Cream
24-oz. Regular or Light.

2 \$5
Club Price

Lucerne® Butter
10-oz. Regular or Ghee. Club Price: \$2.50 ea.

Food
Simple Snacks

Snacking is something just about everyone indulges in. Whether it's to calm cravings between meals or for a quick boost of afternoon energy, it's easy to reach for whatever's handy. That can lead to some less than ideal choices, but it doesn't have to be that way.

It's all about being a good shopper and keeping the pantry stocked so you're armed and ready to whip up a quick snack on-the-fly for yourself or the kids."

Here's some ideas for stocking your pantry:
Whole natural almonds. Nothing beats a handful of crunchy whole natural almonds. Keep some on hand for a quick snack or a flavorful add-in for meals like salads, stir-fries or pasta dishes.

Almond milk. Use this essential ingredient for smoothies, soups, chicken casseroles, cream pasta sauces and baked goods.

Dried fruit. Stock up on chopped apricots, cranberries, and raisins to make your own trail mix. With almonds as a base, your ready-made trail mix is perfect for stroller walks, car rides or office snacks. If you haven't prepared the mix ahead of time, simply grab a few handfuls of each ingredient and pop them into a resealable bag or container.

Baked Fig Pops With Blue Cheese And Candied Almonds

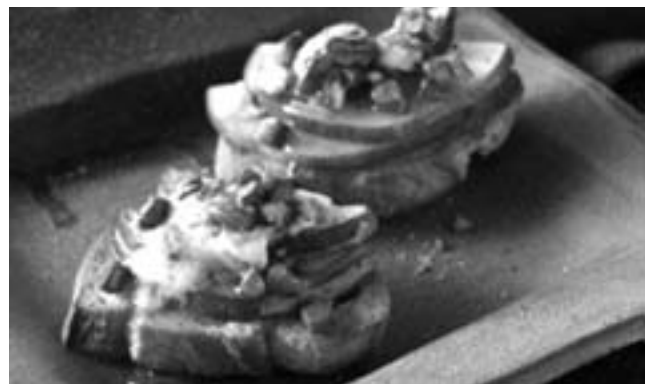
Makes 20 hors d'oeuvres

- 1/4 cup (50 mL) white sugar
- 1/3 cup (75 mL) whole almonds
- 10 fresh figs
- 1/4 lb (125 g) good-quality blue cheese
- 3 tbsp (50 mL) honey

Preheat oven to 375°F (190°C). Roughly chop almonds. In a small non-stick fry pan over medium heat, cook sugar until it turns to liquid. Add chopped almonds and carefully stir until coated. Allow nuts to cook and candy, about 5 minutes or until fragrant. Remove from heat. When cool enough to handle, remove nuts to a board.

Cut each fig in half, then cut a small slice off the side of each fig so it will lie flat, cut side up. Arrange figs, cut side up, on the baking sheet. Top each fig half with a piece of blue cheese. Break a small piece of candied almonds and put on top.

Bake for 5 minutes or until cheese is melted. Immediately drizzle each fig with a little honey and serve warm.



Garlic and Hot Pepper Toasted Almonds

Makes 8 servings

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 2 teaspoons minced garlic
- 1/4 teaspoon dried red pepper flakes
- 2 cups whole almonds
- Salt to taste

In a large fry pan, heat oil and butter together over medium heat until foamy.

Add garlic and red pepper flakes and heat for 30 seconds. Add almonds, stirring constantly until coated and lightly toasted, about 5 minutes.

Season with salt. Cool and store in an airtight container.

Nutritional analysis per 1/4 cup (28 g) serving: Calories: 257 cal; Fiber: 4.5 g; Total Fat: 23 g; Cholesterol: 4 mg; Saturated Fat: 3 g; Sodium: 1 mg; Monounsaturated Fat: 14 g; Calcium: 104 mg; Polyunsaturated Fat: 5.5 g; Magnesium: 110 mg; Protein: 8.5 g; Potassium: 288 mg; Carbohydrates: 8 g; Vitamin E: 10 mg (Total alpha tocopherol equivalents)

Get more recipes at www.almondboard.com/trishmagwood.

FEBRUARY 22 23 24 25 26 27 28 Wednesday, February 22 thru Tuesday, February 28, 2012. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 8 AM Wednesday, February 22 thru Tuesday, February 28, 2012 in all Safeway stores in Oregon (except Milwaukie-Freshwater) and 5 WA Washington stores serving Washington, Chilton, Clark, Skamania and Klickitat Counties. Items offered for sale are not available in other counties or wholesalers. Sales of products containing alcoholic, tobacco, caffeine or other ingredients are 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 5/2 gallons. No liquor sales for resale. Liquor sales at Safeway stores only. © 2012 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.