

SAFEWAY

Ingredients for life.™



 <p>Rancher's Reserve® Beef Top Round London Broil Or Beef Round Bottom Steak, \$3.99 lb. Extreme Value Pack. SAVE up to \$3.00 lb.</p>	 <p>Boneless Pork Top Loin Center Cut Chops Extreme Value Pack. SAVE up to \$3.00 lb.</p>
 <p>Eating Right® Boneless Skinless Chicken Breasts Or Thin Sliced, Tenderloins or Thighs. Extreme Value Pack. SAVE up to \$2.00 lb.</p>	 <p>80% Lean Ground Beef 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>4.99 lb Club Price</p> <p>Whole Alaskan Sockeye Salmon 4 to 6-lb. Fish. Previously frozen. While supplies last.</p>	 <p>BUY 1 GET 1 FREE EQUAL OR LESSER VALUE Club Price</p> <p>Blueberries or Blackberries 6-oz. container. SAVE up to \$3.99 on 2</p>
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 <p>BUY 1 GET 1 FREE Club Price</p> <p>Open Nature™ Variety or Sandwich Breads 24-oz. Mix & Match. SAVE up to \$3.49 on 2</p>	 <p>1.49 lb Club Price</p> <p>Green Seedless Grapes SAVE up to \$1.50 lb</p>	 <p>2.99 Club Price</p> <p>Safeway Farms Café Bowls 1 to 1.75-oz. Or Safeway Farms or Fresh Express Salad \$1.99 (12.5-oz. 2 for \$5). (Salads varies. SAVE up to \$2.00 on 2)</p>
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 <p>2 \$6 Club Price</p> <p>Tropicana Pure Premium or Trop50 Juice 39-oz. Chilled. Selected varieties. Club Price: \$3.00 ea.</p>	 <p>3.99 Club Price</p> <p>Aquafina or Dasani Water 4-pack, 16.9-oz. Plus deposit in Oregon. SAVE up to \$1.50</p>	 <p>4 \$10 Club Price</p> <p>Marie Callender's or Healthy Choice Meals 12.5-oz. Selected varieties. (Salads varies. SAVE up to \$2.00 on 2)</p>
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 <p>2 \$3 Club Price</p> <p>Progresso Rich & Hearty Soup 18.5 to 19-oz. Selected varieties. Club Price: \$1.50 ea.</p>	 <p>BUY 1 GET 1 FREE Club Price</p> <p>Ruffles Potato Chips 8.5 to 9.5-oz. Selected varieties. SAVE up to \$4.29 on 2</p>	 <p>13.99 Club Price</p> <p>Charmin Bath Tissue or Bounty Paper Towels 24 Big Roll Tissue or 12 Big Roll Towels. Selected varieties. SAVE up to \$4.00</p>
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THE BIG CHEESE EVENT!

Mix & Match

BUY 1 GET 1 FREE
EACH BUY ONE W/ ONE

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

MARCH 7 8 9 10 11 12 13
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Prices on this page are effective Wednesday, March 7 thru Tuesday, March 13, 2012. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 8 AM Wednesday, March 7 thru Tuesday, March 13, 2012 in all Safeway stores in Oregon (except Milwau-Fremont) and S.W. Washington stores serving Walla Walla, Clatsop, Clark, Skamania and Knappton Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing epinephrine, pseudoephedrine or phenylephrine 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 .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.



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 refresh^e 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

Healthy Produce

The U.S. Department of Agriculture (USDA) suggests filling half of your plate with fruits and vegetables. While this may seem difficult, summer-fresh fruit from Chile provides for year round availability and daily use in a variety of healthful recipes.

With fresh beets, sweet maple syrup, blueberries, tangy Dijon mustard and walnuts, this crowd-pleaser salad can be easily adapted to fit the tastes of even the little ones. The stuffed sweet potato recipe features notes of sweet potato, pear, grapes, brown sugar, honey and cinnamon with the added crunch and nutty flavor of almonds.



Fresh Grape-Pear-Almond Stuffed Sweet Potatoes

Yield: 8 servings
Prep. Time: 20 minutes
Bake Time: 1 hour, 25 minutes
Cook Time: 12 minutes

- 4 medium sweet potatoes (3 1/2 pounds)
- 3/4 cup sliced almonds
- 1/4 cup butter
- 1 Red Bartlett pear, chopped
- 1/2 cup halved grapes
- 1/4 cup firmly packed brown sugar
- 1 tablespoon honey
- 1/4 teaspoon ground cinnamon

Place potatoes on aluminum foil-lined baking sheet. Bake at 425°F for 1 hour to 1 hour and 15 minutes or until tender.

Heat almonds in nonstick skillet over medium-low heat, stirring often, 5 to 7 minutes or until toasted. Remove from skillet.

Melt butter in skillet over medium-high heat. Add pears and grapes; sauté 2 to 3 minutes or until pear is tender. Stir in brown sugar, honey, and cinnamon. Remove from heat.

Cut potatoes in half lengthwise; scoop pulp into large bowl, leaving shells intact. Add pear mixture to pulp in bowl; gently stir until blended. Spoon mixture into shells. Place on baking sheet.

Bake at 350°F for 15 minutes or until thoroughly heated. Top with nuts.

Nutrients per serving: 211 calories, 10g fat, 90 calories from fat, 4g saturated fat, 15g cholesterol, 64g sodium, 4g dietary fiber, 3g protein

Roasted Beet-Fresh Chilean Blueberry Salad with Maple Vinaigrette

Yield: 4 Servings

- 6 medium beets (red, golden, Chioggia – about 6 ounces each)
- 1 cup walnuts
- 2 tablespoons fresh lemon juice
- 1 tablespoon maple syrup
- 1-1/2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup canola oil
- 1 package (5 ounces) gourmet mixed salad greens, thoroughly washed
- 1 cup fresh blueberries
- 1 package (4 ounces) goat cheese, crumbled

See HEALTH on page 11