

SAFEWAY

Ingredients for life.

Slam Dunk Savings!

Red Baron Pizza
18.79 to 22.63-oz.
Selected varieties.
SAVE up to \$2.00

2.99
Club Price

2-Liter 7-UP
Selected varieties.
Plus deposit in Oregon.
SAVE up to \$1.30

99¢
Club Price

Lay's or Lay's Kettle Chips
8.5 to 10.5-oz.
Selected varieties.
SAVE up to \$4.29 on 2

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

Cheez-It Crackers
9.75 to 14-oz.
Selected varieties.

2.25
Club Price

Hershey's Gusset Bag Candy
38.5 to 40-oz.
Selected varieties.
SAVE up to \$4.00

7.99
Club Price

93% Lean Ground Beef
Or 90% Ground Sirloin.
\$2.99/lb. Not to exceed 7% fat.
Extreme Value Pack.
SAVE up to \$2.50/lb.

2.69
lb
Club Price

All American Sub Sandwiches
Made Fresh Daily.
Serves 3 to 4.
SAVE up to \$2.00 ea.

5.99
ea
Club Price

18-Pack Bud or 24-Pack Rolling Rock
12-oz. cans or Bud bottles. Selected varieties.
Plus deposit in Oregon.

12.97
Club Price

We Welcome Walgreens Express Scripts Plan Members

\$25
OFF
when you transfer your prescriptions.

Rancher's Reserve
BONELESS BEEF

2.69
lb
Club Price

Rancher's Reserve® Boneless Beef Round Steak
Extreme Value Pack.
SAVE up to \$2.30/lb.

100% PORK

ENJOY with NOTHING BUT

See store for details.

2.99
lb
Club Price

Pork Loin Center Cut Chops
Bone-In. Extreme Value Pack.
SAVE up to \$1.50/lb.

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

Sara Lee Family Event
Hitshire Farm Thin Sliced Tub Lunchmeat, Smoked Sausage, Gourmet Creations or Ball Park Beef Franks. Selected varieties.

8.99
lb
Club Price

Wild Alaskan Sockeye Salmon Fillets
Previously frozen.
SAVE up to \$3.00/lb.

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

Jumbo Cantaloupe
SAVE up to \$3.99 on 2

99¢
Club Price

OvenJoy White or Wheat Breads or Safeway Kitchens Hot Dog or Hamburger Buns
Selected sizes and varieties.

10 \$10
Club Price

1-lb. Bag Safeway Farms Peeled Baby-Cut Carrots
Club Price: \$1.00 ea.
SAVE up to \$7.90 on 10

10 \$10
Club Price

Fresh Express Spinach or Garden Plus Salads
8 to 16-oz. Selected varieties. Club Price: \$1.99 ea. SAVE up to \$14.90 on 10

10 \$5
Club Price

Tillamook Yogurt
8-oz. Selected varieties.
Club Price: \$0.6 ea.

4 \$10
Club Price

Stouffer's or Lean Cuisine Meats
4 to 12.625-oz. Selected varieties. Club Price: \$2.50 ea. SAVE up to \$1.96 on 4

5.99
Club Price

Safeway Sotly Bath Tissue or Thirsty Paper Towels
In brightly or party events. 8 or 12 for 7 case or 8 or 8 roll towels. Selected varieties.

99¢
Club Price

Francesco Rinaldi Pasta Sauce
16 to 24-oz. Selected varieties.
Limit 6. SAVE up to \$1.40.

3 BUY 2 GET 1 FREE
Club Price

12-Pack or 8-Pack Pepsi
12-oz. cans or bottles. Selected varieties. Plus deposit in Oregon.
SAVE up to \$20.97 on 5.

2 \$5
Club Price

Nabisco Snack Crackers or Toasted Chips
1.5 to 10-oz. Selected varieties. Club Price: \$2.99 ea.

30% off
all Washington wines

PLUS!
Save an additional 10% MIX & MATCH when you buy 4 bottles or more. (Wines, or larger.)

Red Diamond Merlot 750-ml. Selected varieties.	Club Price	Colombia Crest Chardonnay 750-ml. Selected varieties.	Club Price
Regular Price: \$10.49	3.15	Regular Price: \$8.99	2.70
30% Event: 7.34		30% Event: 6.29	
Additional Savings: 7.34		Additional Savings: 6.29	
YOU PAY \$6.61		YOU PAY \$5.67	
BUY 6 & SAVE \$23.28		BUY 6 & SAVE \$19.92	

REWARD POINTS
at SAFEWAY

Remember to use your GAS REWARDS before they expire at the end of this month!

We Welcome Walgreens Express Scripts Plan Members

\$25
OFF
when you transfer your prescriptions.

MARCH 21 22 23 24 25 26 27
WED THUR FRI SAT SUN MON TUE

Prices on this page are effective Wednesday, March 21 thru Tuesday, March 27, 2012. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, March 21 thru Tuesday, March 27, 2012 in all Safeway stores in Oregon (except Milton-Freewater) and 5 W Washington stores serving Vancouver, Coos Bay, Clatskanie and Knappton. Items offered for sale are not available at other Safeway or Walgreens stores. Sales of products containing agricultural, pharmaceutical 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 .102 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.

Nutrition

Cook Gluten Free

Those with food allergies seek out adaptations of traditional recipes -- but we've found old recipes that are already gluten free, without substitutions.

Colcannon Soup

This traditional soup is made with mashed potatoes and green cabbage or kale.

- Prep: 15 minutes; cook 35 minutes; Serves 6 to 8*
- 3 slices gluten-free bacon
 - 1 medium, finely chopped onion
 - 1 large, finely sliced leek (light green portion only)
 - 4 cups chopped green cabbage or kale
 - 2 minced cloves garlic
 - 2 tablespoons gluten-free flour or sweet rice flour
 - 1/2 cup dry white wine
 - 4 cups gluten-free chicken stock
 - 12 ounces cubed potatoes (a mixture of red, purple and yellow fingerling potatoes)
 - 1/2 cup light canned coconut milk or heavy cream

In a large stockpot fry bacon. Remove cooked bacon and let cool.

Add onion, leek and cabbage to the pan. Stir to coat with bacon fat. Cook over medium heat, stirring occasionally until the vegetables are tender, about 8 minutes.

Add garlic and gluten-free flour. Stir to blend. Add wine and simmer 2 minutes until mixture begins to thicken.

Add potatoes and chicken stock and bring to a boil. Reduce heat and simmer for about 12 minutes or until potatoes are tender. Lightly mash potatoes with a fork while still in pan.

Crumble cooled bacon and add to soup. Season with salt and pepper. Serve with Soda Bread



Soda Bread

Ideal for a gluten free adaptation for the ethnic recipes called for low gluten cake flour, not bread flour. Bakers recommend the minimum amount of mixing of the ingredients before baking and the dough should not be kneaded.

- Prep: 10 minutes; cook Time: 45 minutes; Serves 6*
- 2 cups gluten-free cake or pastry flour
 - 1/2 teaspoon salt
 - 1 teaspoon gluten free baking powder
 - 1 teaspoon cinnamon
 - 1/2 teaspoon nutmeg
 - 1 tablespoon honey or sugar
 - 1 tablespoon dairy-free butter in small pieces
 - 1/2 cup currants or raisins
 - 2 large, lightly beaten eggs
 - 1 cup either buttermilk, live yoghurt, or coconut milk, depending on your other allergies.
 - 1 teaspoon apple cider vinegar
 - 1 tablespoon gluten free mayonnaise
 - 2 teaspoons baking soda

Note: If using coconut milk, increase the amount of apple cider vinegar from 1 teaspoon to 1 tablespoon.

Preheat oven to 375° F / 190° C
Sift all dry ingredients except the baking soda. Pour into a medium mixing bowl.

Use hands to work cold butter substitute into flour mixture. Add currants.

Add the vinegar to the milk and pour into dry ingredients. Do the minimum amount of mixing. Add mayonnaise and eggs and mix just until combined. Add baking soda and mix to combine.

Turn the thick batter onto a floured cutting board. To preventing stickiness while shaping keep hands lightly floured. Shape the loaf into a round ball, about 6 inches in diameter.

Use a sharp knife to cut an "X" on the top of loaf. Brush with milk and allow to rest for 10 minutes. Brush with milk again.

Bake for 35 to 45 minutes or until golden
Serve warm

For more recipes see www.glutenfreecooking.about.com