SAFEWAY
Real Big Deals for Cinco de Mayo
It's a Savings Fiesta!
Cinco de Mayo Special
1.29 lb Club Price! Whole Pork Shoulder Blade Roast
Bone-In. Sold whole in the bag.
Or Boneless Pork Shoulder Blade Roast, $2.79 lb.
natural pork
3.29 lb Club Price! Rancher's Reserve® Boneless Beef Bottom Round Rump Roast
2.99 lb Club Price! Rancher's Reserve® Boneless Beef Round London Broil
99¢ lb Club Price! Safeway® Farms Fresh Chicken Drumsticks, Thighs or Leg Quarters
1 BUY 1 GET FREE Club Price! Hillshire Farm Smoked Sausage or Ball Park Beef Franks
88¢ ea Club Price! Hass Avocados
1.28 lb Club Price! Tomatoes on the Vine
1.99 Club Price! Fresh Express or Safeway® Farms Salad Blends
88¢ lb Club Price! Extra Large Navel Oranges
1.99 Club Price! Safeway® Kitchens Variety Bread
7.99 lb Club Price! Royal Red Southern King Crab
12.97 Club Price! 12-Pack Pacifico or Modelo
12.97 Club Price! 12-Pack Corona, Dos Equis or Beers of Mexico
2.59 Club Price! Pantry Essentials™ Milk
2.88 Club Price! Simply Juice
$2 Club Price! Marie Callender's Meals
2 for $5 Club Price! Tostitos Cantina Chips
4 for $11 Club Price! Pepsi or 7-UP
10.99 Club Price! Tide Detergent
the Big Cheese Event! Mix & Match
BUY 2 GET 1 FREE Club Price!
Offer valid 5/1/13 thru 5/7/13
RISE & SHINE with SAVINGS
BUY 4 SAVE $4
Must buy 4 or more with Card
1.49 Club Price!
1.99 Club Price!
5.99 Club Price!
MAY 1 2 3 4 5 6 7
WED THUR FRI SAT SUN MON TUES
(UNLESS OTHERWISE NOTED)
Prices on this page are effective Wednesday, May 1 thru Tuesday, May 7, 2013. (UNLESS OTHERWISE NOTED). ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.
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PO-SK

Food

Brussels Sprouts Secrets

The Brussels Sprout is a miniature cabbages. The plant produces numerous small buds in neat rows around a thick stalk. These grow best in cool climates and are also left on the plant through freezing weather for their flavor is improved by a touch of frost.

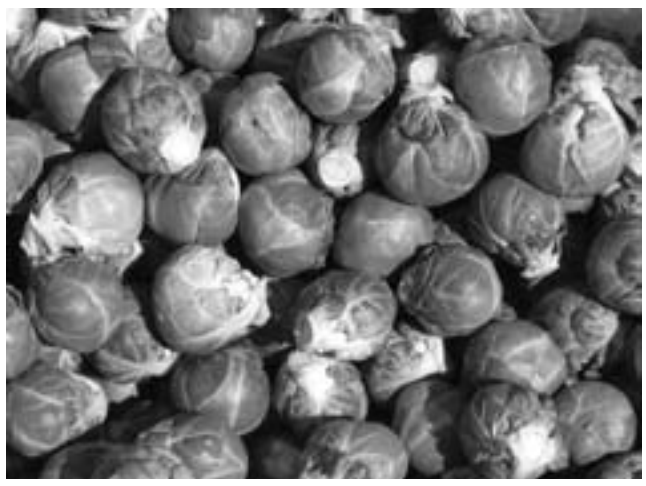
They have been grown since the 13th centurynear Brussles, Belgium, still one of their greatest producers. But in the 18th century French settlers brought them to Louisiana USA. Currently most Brussels Sprouts are grown in coastal California where there are cool temperatures year-round. The harvest season lasts from June through January. They are also grown in Baja California where the season is from December through June.

HEALTH

Brussels sprouts contain vitamin A, vitamin C, folic acid, dietary fiber and high levels of a monounsaturated omega-9 fatty acid. They are also a source of indole-3-carbinol, a chemical which boosts DNA repair in cells and sulforaphane a chemical believed to have potent anticancer properties. Specifically sprouts protect against colon cancer because they contain sinigrin.

BUYING

Look for tight, vivid green heads with unblemished, compact leaves. Avoid those with loose leaves and any signs of yellowing. Refrigerate in a plastic bag up to 5 days. Use as soon as possible since their flavor gets stronger with age.



THE COOK'S MAGIC TRICK

Brussels sprouts buds contain a firm core that needs a bit of cooking to be soft. However overcooking renders the outer leaves gray with a strong flavor and unpleasant smell. This is becasue they contain glucosinolates: compounds that generate sulfur the longer they're cooked.

So heres the trick on how to cook that stem well without overcooking the leaves. First cut away surplus stem leaving at least an eighth of an inch to hold the leaves together. Now part the core by cutting into the stem end of each sprout. With a knife make two cuts, like an **X**, across the end of the stem. Go in about 1/2 inch deep. The heat will now get in through these slits to help the core part cook faster.

COOKING OPTIONS

Boiling results in significant loss of anticancer compounds but steaming, and stir frying and roasting do not result in significant loss.

STEAM

Because you're not immersing the vegetables in boiling water they don't end up soggy. Fill a pot with an inch or two of water and bring to a boil. Place the sprouts in a steaming basket, and place it over the boiling water. Be sure not to let the vegetables touch the water.

Cover the pot, leaving a little gap for steam to escape. It'll help prevent the sprouts from losing their bright green color, but will keep most of the steam in the pot to cook them. Steam the Brussels sprouts until a knife stuck into the stem slides in easily. That is 5 to 10 minutes depending on their size. Be sure to check them often so they don't overcook. Serve with a bit of butter, lemon or orange juice, salt and pepper.

See BRUSSELS SECRETS on page 10