

**SAFeway
SUPER
DISCOUNT
STORE**

SPECIAL FEATURE

Fresh Dungeness Crab available Wed. - Sat. July 18th - 21st (while stocks last).

Fresh

Whole
Dungeness
Fully Cooked

CRAB

First of the Season — From B.C. Waters \$6.59/kg

\$2.99

lb.

While Stocks Last.

CRAB FETTUCINE

- | | |
|--------------------------------|---|
| 1/2 cup butter | 1/2 tsp. coarsely ground pepper |
| 1 garlic clove, minced | Salt (optional) to taste |
| 1/2 pound crab meat | 12 ounces fresh fettucine (spinach or herb) cooked and drained. |
| 3/4 cup whipping cream | 1 tbsp. chopped fresh parsley |
| 1/2 cup grated parmesan cheese | |

Melt butter in heavy saucepan over medium heat. Add garlic and saute until golden. Stir in crab meat, cream, parmesan cheese, pepper, salt. Stir gently until well blended. Pour crab sauce over cooked fettucine. Sprinkle with fresh parsley and serve immediately. Serves 4

CRAB STUFFED MUSHROOMS

- | | |
|---|--|
| 1/2 lb. crab meat
- rinsed and drained | 1/4 tsp. garlic powder |
| 2 tsp. fresh lemon juice | 1/4 tsp. onion powder |
| 1/3 cup finely chopped black olives | 24 medium sized mushrooms, stems removed |
| 1/4 cup mayonnaise | Freshly grated parmesan cheese. |
| 2 tbsp. fresh chopped parsley | |

Preheat oven to 400 degrees. Toss crab with lemon juice in bowl. Add olives, mayonnaise, parsley, garlic and onion to bowl. Fill mushroom caps with mixture. Sprinkle with cheese. Rinse baking sheet lightly with water and shake off excess. Arrange mushrooms on sheet. Cover with foil and bake 12 to 15 minutes. Remove foil and bake 'til golden, about 5 more minutes. Makes 2 dozen.

Standing Rib Roast \$2.99
Beef.
Cut From First Five Ribs. Effective July 16-21.
Canada Grade **A** \$6.59/kg
2.99 lb.

Safeway
Working Hard to be
Your Favourite Food
Store.



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CANADA SAFeway LIMITED