

BeLo FOODS

Sale thru Apr. 18, 1987
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Not Responsible for Typographical Errors

Be-Lo's Consumer Corner
By Marie Cox

CARBOHYDRATES

- Provide energy, fiber, protein, vitamins & minerals
 - Help you to cut down on calories, cost, cholesterol & saturated fats
- Include: Grains & grain products, flour, bread, rice, pasta, hot & cold cereal, starchy vegetables, potatoes, peas, corn, dried peas and beans

Recipe

Cheesy-Potato Casserole

- Makes 6 servings at approximately 250 calories per serving
- | | |
|----------------------------|--------------------------------------|
| 2 C. 1% fat cottage cheese | 6 medium potatoes, cooked and sliced |
| 2 T. oil | 1/3 C. skim milk |
| 1 small onion, chopped | 1/2 C. breadcrumbs |
| 2 T. flour | 2 T. finely grated parmesan |
| 1 tsp. parsley flakes | 2 T. margarine |
| 1/8 tsp. salt | 1 tsp. thyme |
- pepper, as desired

Roll potatoes in oil and onion. Sprinkle with 1/2 tsp. salt, 1/4 tsp. paprika, 1/4 tsp. cayenne, 1/4 tsp. black pepper and 2 T. oil with a rotary beater until fluffy. Mix well. Sauté onion. Mix flour and seasonings. Place a layer of sliced potatoes in casserole. Cover with a layer of cottage cheese. Sprinkle with seasoned flour. Repeat layers ending with a layer of potatoes. Pour milk over potato/cheese layer. Mix breadcrumbs with parmesan, cheese, parsley over potatoes. Top with margarine. Bake 30 minutes at 350 degrees Fahrenheit.

Dairy Fresh
KRAFT
Parkay Margarine
1 lb. Qtrs.
2 Pkgs. 89¢

BORDEN
Cheese Singles
12 oz. Pkg.
\$1.59

Regular or Homestyle
Tropicana Orange Juice
1/2 Gal. Ctn. **\$1.19**

Ballard
OVEN-READY BISCUITS
4 7 1/2 oz. Cans **\$1.00**
Nordica Cottage Cheese... 79¢

FREE
Camellia
1/2 Gal. Carton Creamy Ice Cream
With Coupon Below And Additional \$20.00 Food Purchases

Smithfield Sugar Cured Smoked Hams
Shank Portion
1b. **79¢**
Whole (16-20lbs.) or Butt Portion ... 89¢
Center Cut Bone-In Ham Slices ... \$1.69

Perdue Oven Stuffers
6-8 lb. Avg.
1b. **89¢**

Delicious..Deli
FREE 1 lb. Cup Macaroni, Cole Slaw or Potato Salad With The Purchase Of 12 Piece Or Larger Bucket Southern Style Fried Chicken

Deli Sliced Corned Beef Yodeller Swiss Cheese or Cooked Turkey Breast ... **\$2.99**
Barbecue Pork Ribbles ... **\$2.99**
2 Veggies-2 Rolls BBQ Pork Ribblet Dinner ... Each **\$2.69**
White & Dark Meat-Southern Fried Chicken ... 8 Piece Bucket **\$4.49**

Center Cut Rib Pork Chops
Center Cut Loin Pork Chops
Boneless Butterfly Chops

Rich Creamy Pet Ice Cream
1/2 Gal. Ctn. **\$1.79**

Sliced, Chunked, Crushed
Empress Pineapple
20 oz. Can **59¢**

Hot or Corn Muffin, Biscuit or Cornbread
Washington Mixes
4 8 oz. Boxes **\$1.00**

Make Your Favorite
Stove Top Stuffing Mix
6 oz. Box **99¢**

Lighter Cooking
Crisco Oil
1 Qt. Btl. **\$1.59**

Reg. or Buttery
Crisco Shortening
3 lb. Can **\$2.29**

Coke
diet Coke

Red Only
Hawaiian Punch
46 oz. Can **79¢**

Chablis, Rose or Rhine
Gallo Wine
3 Ltr. Btl. **\$5.99**

Red White & Blue Beer
12 oz. Cans
6 Pack **\$1.39**

RC Cola
6 12 oz. Cans

Liquid Dish
Dawn Detergent
22 oz. Btl. **99¢**

BeLo FOODS
Valuable Coupon
Assorted Flavors
Duncan Hines
Cake Mixes
18 oz. Box **69¢**
Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru Apr. 18, 1987. This Coupon is Good At All Be-Lo Food Stores.

BeLo FOODS
Valuable Coupon
Reg., ADC, or Elec. Perk
Maxwell House
Master Blend
13 oz. Bag **\$1.89**
Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru Apr. 18, 1987. This Coupon is Good At All Be-Lo Food Stores.

Clorox
Liquid Bleach
1 Gal. Jug **99¢**

Jergens
Bath Soap
3 4 1/2 oz. Bars **\$1.19**