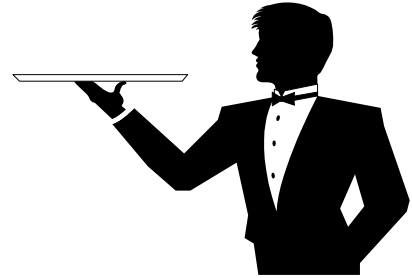


SPAM MEALS

The SPAM Hall of Cans (Fame)

“A special place for that all-purpose potted meat.”



BAKED SPAM

Hormel

- | | | | |
|------------|--|------------|--------------------------------------|
| 1 | (12-ounce) can SPAM Luncheon Meat | | |
| | Whole cloves | 1/3 | cup firmly packed brown sugar |
| 1 | teaspoon water | 1 | teaspoon prepared mustard |
| 1/2 | teaspoon vinegar | | |

Heat oven to 375°F Place SPAM on rack in shallow baking pan. Score surface; stud with cloves. Combine brown sugar, water, mustard, and vinegar, stirring until smooth. Brush glaze over SPAM. Bake 20 minutes, basting often. Slice to serve. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 156; Protein 9 g; Carbohydrate 12 g; Fat 8 g; Cholesterol 45 mg; Sodium 575 mg.

CALIFORNIA SPAMBURGER® HAMBURGER

Hormel

- | | | | |
|----------|---|----------|--|
| 1 | (12-ounce) can SPAM® Luncheon Meat | 6 | whole wheat hamburger buns, split |
| 3 | tablespoons Thousand Island salad dressing | 6 | lettuce leaves |
| 2 | tomatoes, sliced | 6 | green bell pepper rings |
| 6 | onion slices | | |

Slice SPAM into 6 slices (3 inches x 1/4 inch). In skillet, sauté SPAM over medium heat until lightly browned. Spread cut sides of bun with dressing. Layer lettuce, SPAM, tomato, green pepper, and onion on bun bottom. Cover with bun top. Serves 6.

Brown the SPAM and the onion, chili. Add water and tomato wedges. Simmer 20 minutes. Place cheese on top and melt. Serves 2-3.

MAUI SPAM MUFFINS

Hormel

4 English muffins, split and toasted **Butter or margarine** **Prepared mustard**
1 (7-ounce) can SPAM Luncheon Meat, thinly sliced
1 (15 1/4-ounce) can pineapple slices, drained
1 small green pepper, cut into 8 rings
1/4 cup firmly packed brown sugar **2 teaspoons water**

Heat oven to 375°F. Spread muffins with butter and mustard. Overlap SPAM slices on each muffin half. Place a pineapple slice and a green pepper ring on each muffin. Combine brown sugar and water; spoon over sandwiches. Place muffins on baking sheet. Bake 10 minutes. Serve hot. Serves 8.

NUTRITIONAL INFORMATION PER SERVING: Calories 179; Protein 7 g; Carbohydrate 29 g; Fat 4g; Cholesterol 20 mg; Sodium 437 mg.

PEPSI SPAM

Dennis A. Schmitt

1 can SPAM **1 can Regular Pepsi not Diet** **tortillas, bread or buns**
cheese **mustard**

Slice the SPAM, place in a 1 quart pan and pour in a can of Pepsi, do not use diet. Boil for about 5 minutes. This gives the SPAM a sweet caramel taste. Wrap the SPAM slices in tortillas with cheese and mustard, or use bread or buns. Sliced ham can also be used.

PI-CHEE HAM

Ed Bailey

Foil

1 can candied yams

a pat of butter

1 can SPAM,

dash brown sugar

Slice SPAM into a double or triple layer foil pack. Put in candied yams, the SPAM, a pat of butter and sprinkle some brown sugar on top. Seal the pack and heat on the coals for eight minutes a side. Tastes like candied ham and yams.

SAVORY SPAM CRESCENTS

Hormel

1 (12-ounce) can SPAM Luncheon Meat, cubed

10 slices bacon, cut in small pieces

3 tablespoons grated Parmesan cheese

2 tablespoons chopped fresh parsley

2 (8-ounce) packages refrigerated crescent roll dough

1/4 cup finely chopped onion

1 egg, beaten

2 tablespoons Dijon-style mustard

1/8 teaspoon pepper

Heat oven to 375°F In skillet, cook bacon and onion until bacon is crisp; drain. Stir in remaining ingredients except crescent roll dough. Separate each package of crescent dough into 8 triangles. Spread top half of each triangle with SPAM mixture; roll up. Place on baking sheets. Bake 12 to 15 minutes or until golden brown. Serves 16.

NUTRITIONAL INFORMATION PER SERVING: Calories 127; Protein 7 g; Carbohydrate 6 g; Fat 9g; Cholesterol 34 mg; Sodium 439 mg.

SPAM AND I

Dennis A. Schmitt

ONEPOT

1 can SPAM, sliced and diced

1 can cream of Mushroom Soup.

1 cup Minute rice

Heat the SPAM in a deep skillet, add the soup and heat. Boil 3/4 cup water and cook the rice as directed. Pour the SPAM and soup over beds of rice. Variations... wild rice, Cream of Corn Soup...

SPAM-A-RAMA MAC

Troop 753

- 1 (12-ounce) can SPAM® Luncheon Meat**
- 1 (12-ounce) Bag Macaroni noodles**
- 1 can green peas**
- 1 cup shredded Cheddar cheese, divided**
- 1 cup shredded Monterey Jack cheese, divided**
- 1 onion or dried onions**

Cook the noodles in a large pot. While noodles cook. Cube the SPAM and brown with the onion in a skillet. Drain the noodles and add 2 tbl. margarine and a cup of milk. add the cheese and melt. then add the SPAM and onions.

SPAM BREAKFAST BAGELS

Hormel

- 1 (12-ounce) can SPAM Luncheon Meat**
- 6 eggs, beaten**
- 6 bagels, sliced**
- 2 tablespoons butter or margarine**
- 6 (1-ounce) slices American cheese**

Slice SPAM into 6 slices (3 inches x 1/4 inch). In skillet, sauté SPAM over medium heat until lightly browned. Remove from skillet; keep warm. In same skillet, melt butter; pour in beaten eggs. Cook and stir to desired doneness. Layer scrambled eggs, SPAM and cheese on bagel bottom. Cover with bagel top. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 504; Protein 29g; Carbohydrate 36 g; Fat 27 g; Cholesterol 294 mg; Sodium 1367 mg.

SPAM BREAKFAST BURRITOS

Hormel

- 1 (12-ounce) can SPAM Luncheon Meat, cubed**
- 1 tablespoon butter or margarine**
- 6 (6-inch) flour tortillas**
- 1 cup shredded Cheddar cheese, divided**
- 2 tablespoons milk**
- 4 eggs**

1 cup shredded Monterey Jack cheese, divided
Salsa or Taco Sauce

Heat oven to 400°F In bowl, beat together SPAM eggs, and milk. Melt butter in large skillet; add egg mixture. Cook, stirring, to desired doneness. Fill each tortilla with SPAM mixture and half of cheeses. Roll burrito; place seam side down on 12 x 8-inch baking dish. Sprinkle remaining cheese over top of burritos. Bake 5 to 10 minutes or until cheese is melted. Serve with salsa. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 430; Protein 25g; Carbohydrate 20 g; Fat 28 g; Cholesterol 562 mg; Sodium 976 mg.

SPAM BURGER HAMBURGERS

Hormel

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|----------|---|----------|---|
| 1 | (12-ounce) can SPAM Luncheon Meat | 6 | hamburger buns, split |
| 3 | tablespoons mayonnaise or salad dressing | 6 | lettuce leaves |
| 2 | tomatoes, sliced | 6 | (1-ounce) slices American cheese |

Slice SPAM into 6 slices (3 inches x 1/4-inch). In skillet, sauté SPAM over medium heat until lightly browned. Spread cut sides of buns with mayonnaise. Layer lettuce, tomato, SPAM, and cheese on bun bottom. Cover with bun top. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 405; Protein 20g; Carbohydrate 25 g; Fat 25g; Cholesterol 76 mg; Sodium 1280 mg.

SPAM FAJITAS #1

Hormel

Vegetable cooking spray

- 1 green bell pepper, cut into julienne strips**
- 1 (12-ounce) can SPAM Luncheon Meat, cut into julienne strips**
- 3/4 cup Salsa**
- 1/2 onion, cut into 1/4-inch slices**
- 8 (8-inch) flour tortillas, warmed**
- 2 cups shredded lettuce**
- 1/2 cup shredded hot pepper Monterey Jack or Cheddar cheese**
- 1/2 cup nonfat plain yogurt**
- Extra salsa, if desired**

Spray large non-stick skillet with vegetable cooking spray. Heat skillet over medium high heat. Sauté green pepper and onion 2 minutes. Add SPAM, Sauté 2 minutes. Stir in salsa and heat thoroughly. Spoon about 1/2 cup SPAM mixture into each flour tortilla. Top each with 1/2 cup shredded lettuce, 1 tablespoon shredded cheese, 1 tablespoon yogurt, and extra salsa, if desired. Serves 8.

NUTRITIONAL INFORMATION PER SERVING: Calories 237; Protein 12 g; Carbohydrate 23 g; Fat 11 g; Cholesterol 40 mg; Sodium 625 mg.

SPAM FAJITAS #2

Patrick Welch

T928

Skillet

**1 can SPAM, sliced into 3/8" strips,
1 green pepper sliced Salsa,**

**1 small onion, sliced,
10 flour tortillas**

Fry the SPAM, onions and peppers. Add the Salsa. Heat the tortillas and spoon on the Mixture. Roll and eat.

SPAM FRIED RICE

Hormel

2	eggs, beaten	1 (12-ounce) can SPAM Luncheon Meat, cubed
1/4	cup chopped green onion	1/4 cup finely chopped mushrooms
2	tablespoons oil, divided	2 cups cooked rice
3	tablespoons soy sauce	

In large skillet, heat 1 tablespoon oil. Add eggs. Cook, stirring, to desired doneness. Remove from skillet. In same skillet, heat remaining 1 tablespoon oil. Cook SPAM, mushrooms, and green onion 4 minutes or until vegetables are tender. Stir in rice and egg. Sprinkle with soy sauce. Heat thoroughly. Serves 4 to 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 405; Protein 20g, Carbohydrate 31g; Fat 22g; Cholesterol 174 mg; Sodium 1646 mg.

SPAM HASH

1 can SPAM **1/4 lb. Bacon** **1/2 Minced Onions**
Parsley **1 can Boiled Diced Potatoes**

Preparation:

Cut SPAM and bacon into bite size pieces. Sauté bacon until brown. Add minced round onion until tender. Then add SPAM and boiled cubed potatoes, brown until SPAM and potatoes are golden. Add parsley and serve.

SPAM HASHBROWN BAKE

Hormel

1 **(32-ounce) package frozen hash-brown potatoes, thawed slightly**
1/2 **cup butter or margarine, melted**
2 **cups shredded Cheddar cheese**
1 **(12-ounce) can SPAM Luncheon Meat, cubed**
1 **(10 1/4-ounce) can cream of chicken soup**
1/2 **teaspoon garlic powder** **1 1/2** **cups sour cream**
1 **teaspoon salt** **1** **teaspoon pepper**
1/2 **cup milk** **1/2** **cup chopped onion**
1/4 **cup Diced Green Chilies, drained**
2 **cups crushed potato chips**

Heat oven to 350°F. In large bowl, combine potatoes, melted butter, salt, pepper, and garlic powder. In another bowl, combine cheese, SPAM, soup, sour cream, milk, onion, and green chilies. Add SPAM mixture to potato mixture; mix well. Pour into 2-quart baking dish. Sprinkle with potato chips. Bake 45 to 60 minutes or until thoroughly heated. Serves 8.

NUTRITIONAL INFORMATION PER SERVING: Calories 705; Protein 21g, Carbohydrate 41 g; Fat 53 g; Cholesterol 118 mg; Sodium 1447 mg.

- 1 onion, thinly sliced**
- 1 (12-ounce) can SPAM Lite Luncheon Meat, sliced**

Heat oven to 375°F. In bowl, combine brown sugar, mustard, beer, and celery seed. Divide vegetables and SPAM on four 12-inch square pieces of foil. Drizzle mustard mixture over vegetables. Fold foil to form packets. Bake 45 to 60 minutes or until hot. Serves 4.

NUTRITIONAL INFORMATION PER SERVING: Calories 411; Protein 20 g; Carbohydrate 55 g; Fat 13 g; Cholesterol 68 mg; Sodium 1073 mg.

SPAM® NACHOS

Hormel

- 1 (12-ounce) can SPAM Luncheon Meat, cubed**
- 1 (10 1/2-ounce) bag Tortilla Chips** **1 (15-ounce) can Refried Beans**
- 1 (16-ounce) jar Salsa**
- 1 (8-ounce) package shredded Mexican pasteurized processed cheese**

Heat oven to 425°F. Place chips on baking sheet. Sprinkle SPAM over chips. In bowl, combine refried beans and salsa; pour over chips. Sprinkle with cheese. Bake 6 to 7 minutes or until cheese is melted. Serve immediately. Makes 10 appetizer servings

NUTRITIONAL INFORMATION PER SERVING: Calories 361; Protein 16g; Carbohydrate 28 g; Fat 21g; Cholesterol 48 mg; Sodium 1034 mg.

SPAM ON A STICK

Unknown Desperate Soul

- 1 can (7 oz) SPAM**

Cut SPAM into 6 long spears, place on sticks or long fork and cook over open fire. Top with brown mustard or Grey Poupon.

SPAM® QUESADILLAS

Hormel

- 1 (12-ounce) can SPAM Luncheon Meat, chopped**
- 4 cups shredded Monterey Jack cheese with peppers**
- 6 (8-inch) flour tortillas**
- Guacamole and Salsa**

Combine SPAM and cheese. Spoon meat mixture over 3 tortillas. Top with remaining tortillas. In lightly greased griddle, heat filled tortilla over medium high heat until soft and cheese is melted, turning once. Repeat with remaining tortillas. Cut each tortilla stack into 6 wedges. Serve with guacamole or salsa. Makes 18 appetizer servings.

NUTRITIONAL INFORMATION PER SERVING: Calories 166; Protein 10 g; Carbohydrate 7 g; Fat 11 g; Cholesterol 37 mg; Sodium 366 mg.

SPAM SKILLET DINNER

Hormel

- | | |
|-----------------------------------|--|
| 3 medium zucchini | 1 onion, thinly sliced |
| 1 tablespoon oil | 1 (12-ounce) can SPAM Luncheon Meat |
| 1 (16-ounce) can tomatoes | 3 medium potatoes, peeled, sliced |
| 1/2 teaspoon garlic powder | 1/4 teaspoon basil |
| 1/2 teaspoon oregano | |

Cut zucchini in 1/2-inch slices. In large skillet over medium-high heat, sauté zucchini and onion in oil 5 minutes, stirring often. Cut SPAM into 8 slices; halve each slice. Add potatoes, carrots, and SPAM to skillet; pour tomatoes over all. Sprinkle with herbs. Cover and simmer 25 minutes or until potatoes are tender, stirring occasionally. Serves 8.

NUTRITIONAL INFORMATION PER SERVING: Calories 176; Protein 9g; Carbohydrate 18g, Fat 8g; Cholesterol 34 mg; Sodium 526 mg.

SPAM STUFFED POTATOES FLORENTINE

Hormel

Vegetable cooking spray

- 1** **teaspoon butter or margarine**
- 1** **(12-ounce) can SPAM Lite Luncheon Meat, cubed**
- 1/2** **(10-ounce) package frozen chopped spinach, thawed and squeezed dry**
- 6** **baking potatoes, baked and kept warm**
- 1/3** **cup chopped onion** **1/4** **teaspoon dried leaf thyme**
- 1/4** **Cup skim milk** **1/4** **teaspoon pepper**
- 2** **tablespoons grated Parmesan cheese**
- 1/4** **cup shredded Monterey Jack cheese**
- 1/4** **cup shredded Cheddar cheese**

Heat oven to 350°F. Spray a shallow rectangular 2-quart baking dish with vegetable cooking spray. In a large nonstick skillet, sauté SPAM in butter 3 minutes. Add onion, spinach, and thyme; cook and stir 2 minutes. Set aside. Cut a thin slice off the top of each potato. Scoop out each potato, leaving a 1/2-inch shell. Place shells in prepared baking dish. Place scooped out potato in medium mixing bowl. Beat at medium speed 30 seconds. Add milk, Parmesan cheese, and pepper; beat just until combined. Stir in SPAM mixture. Fill potato shells with potato mixture. Bake, uncovered, 25 to 30 minutes or until thoroughly heated. Top with cheeses. Bake 5 minutes longer or until cheese is melted. Serves 6.

NUTRITIONAL INFORMATION PER SERVING: Calories 396; Protein 18 g; Carbohydrate 54g; Fat 12 g; Cholesterol 56 mg; Sodium 704 mg.

SPICY SPAM KABOBS

Hormel

- 1/4** **cup lemon juice** **3** **tablespoons minced onion**
- 1** **tablespoon olive oil** **1** **teaspoon dried leaf thyme**
- 1** **clove garlic, minced** **1/2** **teaspoon whole oregano leaves**
- 1/4** **teaspoon red pepper flakes**
- 1** **(8-ounce) can pineapple chunks packed in light juice, drained**
- 1** **(1 2-ounce) can SPAM Lite Luncheon Meat, cut into 24 cubes**
- 1** **red bell pepper, cut into 1-inch pieces**
- 4** **cups hot cooked rice** **16** **pea pods**

Combine first 7 ingredients in 9 x 12-inch dish. Wrap pea pods around pineapple chunks. Alternately thread SPAM cubes, pineapple chunks, and bell pepper pieces on eight skewers. Place in dish with marinade. Cover and marinate 2 hours, turning occasionally. Grill kabobs over medium-hot coals 10 minutes, turning occasionally. Or, broil 5 inches from heat source 8 to 10 minutes, turning occasionally. Serve with hot cooked rice. Serves 4.

NUTRITIONAL INFORMATION PER SERVING: Calories 536; Protein 22 g; Carbohydrate 75 g; Fat 16 g; Cholesterol 68 mg; Sodium 848 mg.

