

SPAM Fried Rice



What You Need:

- 2 cups cooked rice (cold works best!)
- 1 can SPAM, diced
- 2 eggs, scrambled
- 1 cup frozen peas and carrots
- 2-3 tablespoons soy sauce
- 2 tablespoons oil

Directions:

1. Heat oil in a skillet. Add diced SPAM and cook until crispy.
2. Push SPAM to the side. Scramble the eggs in the same pan.
3. Add rice and veggies. Stir everything together.
4. Splash in soy sauce. Stir-fry 3-5 minutes until hot.

Try this:

Add pineapple for a sweet-savory Hawaiian twist.

History Bite:

American soldiers introduced SPAM to Asia, where it became a tasty and flexible stir-fry favorite using leftover rice and veggies.



SPAM Musubi



What You Need:

- 1 can SPAM, sliced (8-10 pieces)
- 2 cups cooked sushi rice*
- Nori (seaweed) sheets, cut into strips
- 1 tablespoon oil

Directions:

1. Pan-fry SPAM slices until golden brown.
2. Use a musubi mold (or clean SPAM can) to press rice, a SPAM slice, and more rice together.
3. Wrap with a strip of nori.

Try this:

Dip in our homemade musubi sauce (see bonus recipe).

History Bite:

SPAM Musubi mixes Japanese rice and grilled SPAM, becoming a Hawaiian lunchbox favorite after WWII.



* You can use regular white rice—just make sure it's cooked a bit stickier than usual so it stays together when you press it.

SPAM and Eggs



What You Need:

- 1 can SPAM, sliced and fried
- 4 eggs, scrambled or fried
- Optional: steamed rice or toast

Directions:

1. Fry SPAM slices until edges are crisp.
2. Cook eggs to your liking.
3. Serve side-by-side or stacked like a sandwich.

Try this:

Sprinkle with furikake (rice seasoning) for a twist!

History Bite:

During WWII, families stretched their meat rations with SPAM, eggs and toast (rice in Hawaii) that made an affordable breakfast.



SPAM Sandwich



What You Need:

- 1 can SPAM, sliced and fried
- Bread or sandwich buns
- Optional: cheese, lettuce, pickles, mustard, mayo

Directions:

1. Fry SPAM slices until golden.
2. Layer on your favorite bread with toppings of your choice.

Try this:

Toast the bread for a crispy edge!

History Bite:

During WWII, SPAM was packed into soldiers' rations. In fact, Soldiers joked that Spam stood for "Special Army Meat".



SPAM Quesadilla with Pineapple



What You Need:

- 1 can SPAM, diced and pan-fried
- 1 cup shredded cheese
- 1/2 cup pineapple chunks
- 4 flour tortillas

Directions:

1. Heat a tortilla in a skillet. Add cheese, SPAM, and pineapple.
2. Top with another tortilla and cook until cheese melts.
3. Flip carefully and crisp both sides.

Try this:

Serve with our fresh pineapple salsa (see bonus recipe),

History Bite:

SPAM quesadillas mix Tex-Mex flavor with island flair—popular in places like Hawaii and Guam where SPAM still reigns.



SPAM Musubi Sauce



What You Need:

- 2 tablespoons soy sauce
- 2 tablespoons sugar
- 1 tablespoon mirin (or substitute rice vinegar + a pinch of sugar)

Directions:

1. Simmer all ingredients in a small pan until slightly thickened.
2. Brush over cooked SPAM slices before assembling musubi.

Note:

This sweet-savory glaze makes your musubi pop



Pineapple Salsa



What You Need:

- 1 cup pineapple, diced
- 1/4 cup red onion, diced
- 1 tablespoon lime juice
- Optional: diced jalapeño or chopped cilantro

Directions:

1. Mix all ingredients in a bowl.
2. Chill before serving.

Note:

Fresh and zingy for your quesadillas or sandwiches.

History Bite:

SPAM quesadillas mix Tex-Mex flavor with island flair—popular in places like Hawaii and Guam where SPAM still reigns.

