



SPAM™ WITH CANNED VEGETABLES



Number of servings: 6
Serving Size: 1 cup

Ingredients:

- 1/2 small onion
- 1 (12-ounce) can lite luncheon meat
- 1 (14½-ounce) can cut, no salt, green beans
- 1 (15¼-ounce) can no salt, whole kernel corn
- 1 (14½-ounce) can unsalted diced tomato
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder

Directions:

1. CHOP onion.
2. DICE luncheon meat into bite-size pieces.
3. DRAIN the green beans and corn.
4. In a large frying pan, BROWN the onions and luncheon meat.
5. ADD green beans, corn, and diced tomatoes.
6. ADD black pepper and garlic powder.
7. SIMMER for 2 to 5 minutes.

Serving suggestion:

Serve over brown rice.

Nutrition Facts

Serving Size 1 cup (238g)
 Servings Per Container 6

Amount Per Serving

Calories 160 Calories from Fat 65

% Daily Value*

Total Fat 7g 11 %

Saturated Fat 2.5g 11 %

Trans Fat 0g 0 %

Cholesterol 35mg 12 %

Sodium 600mg 25 %

Total Carbohydrate 15g 5 %

Dietary Fiber 3g 11 %

Sugars 6g

Protein 10g

Vitamin A 8% ■ Vitamin C 60%

Calcium 4% ■ Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

For more information: <http://www.ctahr.hawaii.edu/NEW/resources/SafeFoodHandling.pdf>

* Recipe contributed by the University of Guam Cooperative Extension Service