

# The Great American SPAM® Challenge

## Youth

Third Place: Sorin Vandegrift, Fayetteville

### SPAM® Quiche

1 (12 oz.) can less sodium SPAM®  
9 – 10 eggs  
1 green pepper, chopped  
1 onion, chopped  
½ cup cooked jasmine or basmati rice  
1 (9-inch) deep dish pie shell  
1-3 Tbsp. teriyaki sauce  
Pepper, to taste

Rinse SPAM® well to reduce salt.

Cut SPAM® into small cubes.

Sauté onions in oil until soft and sweet.

In large mixing bowl, mix eggs, SPAM®, pepper onions, rice and teriyaki sauce.

Fill pie shell with SPAM® mixture.

Bake quiche at 325 degrees for 25 minutes or until center is almost done. Remove and let cook.

Center should be set. Slice and serve.