

## **Breakfast Spam® (serves 2-4) – Cast Iron Skillet**

1 can Spam®

1 egg

toast

### **Directions:**

Cut Spam® into ¼ inch thick flat pieces (about 6 slices per can). Whip one egg as skillet preheats. Dip Spam® into egg and lightly brown on both sides. Serve with toast.

Rory Puzon (BS Roundtable Staff)