



# Spam

I need to make a confession – it’s not pretty, but I feel it is necessary. My husband eats Spam. There, I’ve said it and I feel much better. Now I don’t eat it, but I do purchase it and prepare it for him on special occasions. I fry a slice of Spam, place it on cheese toast, and top it with a fried egg. After we got married, I noticed that Steve’s mom would always put a can of Spam in his stocking at Christmas. Apparently, she knew I wasn’t really a Spam kinda gal. I know Spam has a bad reputation. I’m certainly not a food snob, but I just can’t bring myself to do the Spam thing. Perhaps it is because we aren’t really sure exactly what it is and the fact that it has a very long shelf life. Maybe it is the way it slides from the can and remains that way for as long as you want it to. No matter how hard you try, you cannot morph it into any other shape. Just slicing or chopping it is about all you can do.

Spam is not the only weird canned food. Canned foods are an essential part of life. However, not everything should be offered in a can. Here are just a few examples:  
 \*Alligator – precooked in a tasty Cajun gravy. Just heat and eat!  
 \*Brown Bread – bread is baked in the can.  
 \*Canned Cheeseburger – heat in a double boiler while still in the can.

\*All Day Breakfast – pre-mixed combination of baked beans, sausage, mushrooms, chopped pork, bacon and “egg nuggets”.

\*Pork Brains – pork brains served in a milk gravy. Not pleasing to 3 very important senses – sight, smell and taste.

\*Rattlesnake – the downside of this delicacy is that it contains a lot of bones. Another downside is that you are eating rattlesnake in the first place.

\*Sandwich in a can (or Canwich) – Simply pop the can open and pop it in your mouth – peanut butter & jelly, bacon cheddar, and BBQ chicken flavors.

\*Canned Bacon – fully cooked and ready to eat directly from the can.

\*Potato Salad – thinking about how quickly potato salad can spoil, it is hard to imagine eating it from a can.

\*Canned Whole Chicken – an entire whole chicken cooked and stuffed inside a can.

Everybody loves spaghetti. Today I have recipes with a spin on traditional spaghetti. Hope you will give them a try. Thanks for reading.

## MILLION DOLLAR SPAGHETTI CASSEROLE

- 1 (16 oz.) pkg. spaghetti noodles
- 1 large onion, chopped
- 6 garlic cloves, minced
- 3 tsp. dried Italian seasoning

- 48 oz. spaghetti sauce, 2 jars
- 1 ½ lbs. Italian sausage
- 8 oz. cottage cheese
- 8 oz. cream cheese
- ½ cup sour cream
- 3 cups shredded Mozzarella cheese
- ½ cup butter, cut into slices

Preheat oven to 350 degrees. Cook pasta according to package directions; drain well and return to original pot; add 1 jar spaghetti sauce and combine. In a large skillet, heat olive oil over medium heat; add onion and garlic and cook for 5 minutes. Add sausage and 2 tsp. of Italian seasoning; cook until done and drain well. Add the remaining jar of spaghetti sauce to skillet and set aside. In a medium bowl, combine cottage cheese, cream cheese, sour cream, 1 cup Mozzarella, and 1 tsp. Italian seasoning; set aside. Place half the slices of butter in a 9 x 13 inch baking dish; spread half the spaghetti in dish, then spread cheese mixture on top; spread remaining spaghetti over cheese mixture and top with remaining butter slices. Pour remaining meat sauce on top. Top with remaining Mozzarella cheese and bake for 35 – 45 minutes until done.

## SOUTHWESTERN BAKED SPAGHETTI

- 12 oz. spaghetti
  - 1 lb. ground beef
  - 1 packet chili seasoning mix
  - 1 (15 oz.) can Ro-Tel tomatoes
  - 1 (24 oz.) jar spaghetti sauce
  - 1 (10 oz.) pkg. frozen corn, thawed
  - 1 (10 oz.) pkg. frozen green peas, thawed
  - 1 (3 oz.) pkg. French fried onions
  - 2 cups shredded Cheddar cheese
- Preheat oven to 350 degrees; spray a 9 x 13 inch dish with cooking spray.

Cook pasta according to package directions; drain. In a skillet, cook beef until done and drain well. In a large bowl, combine meat, chili seasoning, tomatoes, spaghetti sauce, corn, and peas; add cooked pasta and combine. Pour into prepared pan and top with onions and cheese. Bake, uncovered, for 35 – 45 minutes.

## BAKED SPAGHETTI

- 16 oz. Spaghetti, cooked
  - ¼ cup fresh parsley
  - 1 ½ cups Mozzarella cheese, shredded
  - 1/3 cup fresh shredded Parmesan cheese
- Sauce:  
 1 lb. ground beef or Italian sausage  
 1 small onion, diced  
 2 cloves garlic, minced  
 1 ½ tsp. Italian seasoning  
 1 tsp. salt  
 1 green pepper, diced  
 32 oz. pasta sauce  
 1 (15 oz.) diced tomatoes
- Preheat oven to 375 degrees. Brown meat, onion, garlic, Italian seasoning,

and green pepper; drain of fat. Add pasta sauce and tomatoes and simmer for 10 minutes. Stir in spaghetti and parsley; top with cheeses. Spread into a 9 x 13 inch baking dish and bake for 30 minutes or until heated and

cheese has melted.  
 \*Lee Ann Fleming is a Holmes County native, food columnist and has garnered fame for her recipes featured in the film, *The Help*. Fleming can be reached at lafkitchen@hughes.net.



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## REC ROOM

By Timothy E. Parker

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