

Recipe adapted from [Dankin Farm's](#) "What Vermont Tastes Like."



## Upside Down Ham Loaf

1 lb. ground, cooked ham  
1/2 c whole wheat bread crumbs  
1/4 c chopped onion  
1/4 c chopped celery  
1 T basil  
3/4 c skim milk  
2 eggs  
1/2 t Dijon mustard  
1 tart apple, peeled and sliced thin  
1/4 c maple syrup

Preheat oven to 350F. In a bowl combine the first eight ingredients from the ham to the mustard. (If ground ham is unavailable, use a food processor to grate and chop 1 lb of cooked ham.) Mix well by hand until completely blended. Set aside.

Grease an 8" loaf pan and layer the sliced apples over the bottom of the pan. Next cover the apples with the maple syrup. Pack the ham mixture over the apples and into the loaf pan. Bake for 1 hour and 15 minutes. Remove from the oven and turn out upside down in a serving dish. Serve immediately.