



**Nova Scotia
Apples**
Pick An Original



Apple-Ham Stuffed Mushrooms

- 12 large mushrooms
- 3/4 cup chopped ham
- 1 small onion, chopped
- 1 large apple, chopped
- 1 slice whole wheat bread
- 1/4 tsp. pepper
- 1 pinch of salt
- 1 egg, beaten

Wash and trim mushrooms; remove stems for stuffing and set caps aside. In food processor, combine reserved mushroom stems, ham, onion, apple, bread, salt and pepper; process until finely chopped but not smooth. Transfer mixture to small bowl; blend in egg. Spoon stuffing into reserved mushroom caps and place in baking dish; bake in 400° F oven for 10 minutes. Serve hot.

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