



Turkey Apple Breakfast Sausage

Servings 8 | Prep time 10 mins. | Total time 30 mins.

Equipment: Box grater, Skillet, Large bowl, Meat thermometer

Utensils: Measuring cups and spoons, Spatula, Mixing spoon

Ingredients

Non-stick spray

1 cup shredded apple (shredded using the large holes of a box grater)

4 tablespoons breadcrumbs

1 teaspoon dried sage

1/2 teaspoon black pepper

1/4 teaspoon salt

1/4 teaspoon paprika

16 oz. lean ground turkey (or chicken)

Instructions

1. Before you begin wash your hands, surfaces, utensils, and fruit.
2. Spray skillet with non-stick spray and place over medium heat. Add apples and cook until the apples are tender, 3 to 5 minutes. Transfer to a large bowl and cool completely.
2. Add turkey, breadcrumbs, sage, pepper, salt, and paprika; mix well.
3. Divide the sausage mixture into 16 portions and form into 3/4 inch-thick patties.
4. Cook the patties in skillet on medium heat about 4 minutes per side until the internal temperature measures 165 degrees on a meat thermometer.

Nutritional Information:

Calories 120 Total Fat 5g Sodium 115mg Total Carbs 6g Protein 12g