



# Turkey Apple Breakfast Sausage

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

## Equipment:

Box grater  
Frying pan  
Large bowl  
Meat thermometer

## Utensils:

Measuring cups and spoons  
Mixing spoon  
Spatula

## Ingredients

Non-stick spray  
1 cup apple, shredded using large holes of box grater  
4 tablespoons bread crumbs  
1 teaspoon ground sage  
1/2 teaspoon black pepper  
1/4 teaspoon salt  
1/4 teaspoon paprika  
1 pound lean (85% or leaner) ground turkey OR  
1 pound ground chicken

## Instructions

1. Before you begin wash your hands, surfaces, utensils, and fruit.
2. Spray frying pan with non-stick spray and place over medium heat. Add apples and cook until they are tender, about 3-5 minutes. Transfer to a large bowl and allow to completely cool.
3. Add turkey, breadcrumbs, sage, black pepper, salt, and paprika to the large bowl. Mix well.
4. Divide the sausage mixture into 16 portions and form into 3/4 inch-thick patties.
5. Cook the patties in a frying pan 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