

Turkey Breakfast Sausage

gluten & dairy free

makes 12 patties

- 1/4 cup UNSWEETENED APPLESAUCE
- 3/4 tsp SEA SALT
- 1/2 tsp BLACK PEPPER, GROUND
- 1/2 tsp SAGE, GROUND
- 1/2 tsp CUMIN, GROUND
- 1/2 tsp GARLIC POWDER
- 1/4 tsp ONION POWDER
- 1/4 tsp CAYENNE PEPPER, GROUND (optional)
- 1/4 tsp CRUSHED RED PEPPER FLAKES (optional)
- 1 1/4 lb LEAN GROUND TURKEY, 93/7
- 2 tsp OLIVE OIL, EXTRA VIRGIN

1. In a large bowl mix together first 9 ingredients with a fork. Add ground turkey and mix just until spices are incorporated (careful not to over mix or meat will become tough).

2. Form turkey mixture into 12 patties (about 1/4 cup turkey in each) and cook in a large skillet over medium-high heat with a little cold pressed grapeseed oil. Makes 12 small patties. May cool and store in refrigerator or freezer to reheat for later use.

NUTRITION INFO (PER SAUSAGE PATTY): Calories 70, Total Fat 2.5g, Saturated Fat 0.5g, Cholesterol 25mg, Dietary Fiber 0g, Protein 11g