



TURKEY SAUSAGE

Serves: 8

Time: 15 minutes

Ingredients:

1 pound ground turkey breast *(or ground chicken breast or preferred meat-substitute)*
1 garlic clove minced *(or 1 teaspoon garlic powder)*
½ teaspoon black pepper
¼ teaspoon table salt
½ teaspoon onion powder
½ teaspoon fresh or dried rosemary
½ teaspoon dried sage *(optional)*
Zest of 1 lemon *(optional)*

Directions:

1. Preheat skillet over medium-high heat.
2. Add all ingredients to mixing bowl and mix until just combined.
3. Form in to sixteen 1 ounce patties.
4. Add canola oil to skillet. When oil begins to shimmer, begin adding sausage patties.
5. Cook for 4 to 5 minutes on the first side, flipping once golden brown and loosens from the pan. Finish cooking on the other side until golden brown and internal temperature reaches 165°F.
6. Serve immediately or freeze for up to 3 months.

Making your own sausage is easier than you think, and is less processed than store bought varieties. You can change the herbs and spices up to fit your flavor preferences, or make sausage for other dishes. If you want to add extra “snap” to your homemade sausage – dissolve 1 teaspoon of baking soda in 1 teaspoon of water. Mix the ground turkey with the baking soda brine and let sit for 10 minutes before add the remaining ingredients and cooking. **NOTE:** baking soda adds additional sodium, so if you are following a low sodium diet you should omit this step, choose a low sodium baking soda or omit the added table salt.

Tips: You can also cook these in the oven. Bake on a sheet pan at 375°F for 15 minutes, until golden brown and internal temperature reaches 165°F.

Nutrition Facts: 60 calories, 1g fat, 0g saturated fat, 0g carb, 14g protein, 113mg sodium, 0g fiber