

TURKEY SAUSAGE PATTIES

Prep time: 5 min.

Cook time: 15 min.

Total time: 20 min.

Ingredients:

2 pounds ground turkey – use lean to save calories (Butterball 93% lean)

1½ tsp ground black pepper

1½ tsp. salt

1 teaspoon dried sage

¾ tsp ground ginger

¼ tsp cayenne pepper (adjust to your tastes)

Nonstick cooking spray or nonstick pan with no spray

Instructions:

1. Mix turkey and spices together until well blended. Cover it and let it sit in refrigerator overnight for best results, but can be used immediately.
2. Form the mixture into eight (8) equal-sized ¼ pound patties.
3. Heat a skillet over medium heat (use spray if needed).
4. Add patties and fry until browned on oh sides and no long pink in the center, about 15 minutes. Internal center temperature should be at least 165 degrees F (74 C).

Tips

Make a small sample, like a pound, cook the patties for a taste test and adjust spices to your taste. Thyme may be substituted for sage or use both. These freeze well.

Nutrition – based on Butterball 93% lean ground turkey nutrition info.

Serving size: 4 oz (1/4 pound, 1 patty)

Calcium 0%

Calories 150

Calories from fat 80

Cholesterol 80 mg

Iron 8%

Potassium 0%

Protein 22g

Saturated fat 3.5g

Sodium 95mg

Sugar 0g

Total fat 8g

Trans fat 0g

Vitamin A 0%

Vitamin C 0%

Vitamin D 0%