

Turkey and Apple Breakfast Sausage

Homemade turkey sausage patties with sage and apples are subtly sweet and savory. These sausages are both freezer and meal prep ready, make the perfect addition to your morning meal.

YIELD 10 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 25 MIN
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INGREDIENTS

1 each	Granny Smith Apple, shredded/grated
1 lb	Ground Turkey
1 Tbsp	Brown Sugar
1 Tbsp	Fennel Seed
2 tsp	Sage, dried
2 tsp	Worcestershire Sauce
¾ tsp	Kosher Salt
½ tsp	Onion Powder
½ tsp	Garlic Powder
¼ tsp	Crushed Red Pepper Flakes
¼ tsp	Nutmeg, ground
1 tsp	Olive Oil
As needed	Non-stick Cooking Spray

CHEF'S NOTES

After the patties have been cooked and cooled, you can freeze them to eat later. When ready, reheat the sausages in the microwave for 60-90 seconds and enjoy! They will keep well in the freezer for up to 2 months.

Adding shredded apple to lean turkey results in a juicy, flavorful sausage patty while keeping saturated fat and sodium lower than store-bought varieties.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place all ingredients in a large mixing bowl. Using clean hands, mix until all the seasonings are well combined. Be careful not to overmix or the finished sausage will be tough.
3. Form the mixture into 10 patties, about ¼ inches thick.
4. Heat a large nonstick sauté pan over medium-high heat and spray well with non-stick cooking spray.
5. Add the patties to the pan, making sure to not overcrowd the pan. Cook for about 3-4 minutes on each side, until they are well browned and have reached an internal temperature of 165°F.

Nutrition Facts

10 servings per container

Serving size 1 patty (67g)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 190mg 8%

Total Carbohydrate 5g 2%

Dietary Fiber <1g 3%

Total Sugars 3g

Includes 2g Added Sugars 4%

Protein 9g 18%

Vitamin D 0.2mcg 0%

Calcium 20mg 2%

Iron 0.7mg 4%

Potassium 130mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: ANCHOVIES

Recipe adapted from Health meets Food, "Turkey and Apple Sausage" (9/17/20)



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