

Homemade Turkey Sausage

Hands-on - 30 min.

Makes 16 or 48 2-oz Patties

Since truly low-fat sausage is so hard to find, here's one you can make yourself. This sausage is rock bottom low in fat and delicious. It's easy to make and you can enjoy it for months to come. The larger recipe makes enough to serve sausage every Sunday morning for a family of 4 for 3 months!

Menu

Homemade Turkey Sausage

Scrambled Eggs

Toast

For 16 For 48 Cut 16 or 48 10" squares of freezer wrap or wax paper.

2 pkgs	6 pkgs	(20 oz each) extra lean ground turkey breast*
1 tsp	1 T	black pepper**
1½ tsp	1½ T	dried sage
1½ tsp	1½ T	dried thyme
1½ tsp	1½ T	dried rosemary
¼ tsp	¾ tsp	red pepper flakes**
¼ tsp	¾ tsp	cayenne**
10 grinds	30 grinds	fresh ground pepper**
¾ tsp	2 tsp	salt
1 T	3 T	oil (canola or olive)
¾ cup	2¼ cups	applesauce, unsweetened

Mix ingredients together very thoroughly. Use your hands if necessary. (Wash them first!)

Divide the sausage mixture into 4 equal portions in the bowl.

From each portion, make 4 (small batch) or 12 (large batch) 2" balls. Place each ball in the center of a paper square.

Fold the square up from the bottom, the sides and then the top. This will flatten the ball into a patty.

Put 4 to 8 patties each in a resealable freezer bag and freeze.

To cook:

Coat a large nonstick skillet with cooking spray. Place over medium-high heat.

Unwrap frozen patties (no need to thaw) and place in skillet.

Cook patties 6 minutes on each side (less if not frozen) until no longer pink inside. (Do not overcook or they will be dry.)

Serve with scrambled eggs and toast.

**If grinding turkey yourself, use either cutter for fine or coarse sausage, depending on which you like best.*

***Four types of pepper are used to enhance flavor.*



Nutrition information for 1 turkey sausage patty

Calories	90	Fat	1.8 g	Fiber	<1 g	Sodium	160 mg	Total Carbohydrate	<1 g
Calories from Fat	18%	Saturated Fat	<1 g	Cholesterol	28 mg	Protein	16 g	Sugars	1 g

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Breakfast
13

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