

# TURKEY BREAKFAST SAUSAGE

*Turkey sausage is a great way to incorporate a lean protein source into your breakfast. Substitute chicken for turkey if preferred.*

Yield: 8 servings

Serving Size: 2 patties

## Ingredients

2 pounds ground turkey (93% lean preferred)

1 Tbsp brown sugar

1 ½ teaspoons ground black pepper

1 ½ teaspoons ground sage

1 ½ teaspoons ground thyme

½ teaspoon dried oregano (or marjoram)

½ teaspoon red pepper flakes

¼ tsp kosher salt

Non-stick cooking spray

## Directions

- Mix:** Combine the ground turkey, brown sugar, black pepper, sage, thyme, marjoram, red pepper flakes, and salt in a bowl.
- Shape:** Form the turkey mixture into small (2-3 in) patties
- Cook:** Coat a large skillet with the non-stick spray and fry the patties over medium-high heat until golden brown and no longer pink in the center, 6-8 minutes.
- Enjoy!**



## Nutrition Facts

8 servings per container

**Serving size 2 patties (120g)**

**Amount Per Serving**

**Calories 180**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 2.5g **13%**

*Trans Fat* 0g

**Cholesterol** 85mg **28%**

**Sodium** 150mg **7%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

**Protein** 21g

Vitamin D 0.4mcg **2%**

Calcium 40mg **2%**

Iron 1.8mg **10%**

Potassium 250mg **6%**

\* 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.