

# Turkey Apple Breakfast Sausage Patties

Serves 6

- 1 cup of shredded, peeled apple
- 4 tablespoons soft bread crumbs
- 1 teaspoon dried sage, crushed
- ½ teaspoon black pepper
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon cayenne pepper
- dash ground nutmeg
- 16 ounces lean ground turkey
- nonstick cooking spray



1. In a large bowl combine the shredded apple, bread crumbs, sage, black pepper, salt, paprika, cayenne and nutmeg. Add the turkey, mixing well. Shape mixture into 8 half inch thick patties.



2. Lightly coat a large skillet with cooking spray. Heat over medium heat. Add patties and cook for 8-10 minutes or until the internal temperature reaches 165 degrees F, turning once.



Nutrition information per patty: calories 98, fat 5g (saturated fat 1g), cholesterol 45mg, sodium 120mg, carbohydrate 3g, protein 10g

Diabetic exchange: 1 ½ Lean Meat

Recipe from Better Homes and Gardens Kid Favorites Made Healthy, Meredith Corporation, 2003.



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**Food For Thought**  
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Ground turkey can be “dry” or bland tasting. Add  
 flavor and moisture with grated apple in this breakfast  
 favorite. No time for breakfast? Cook all patties,  
 freeze and reheat for a fast breakfast.