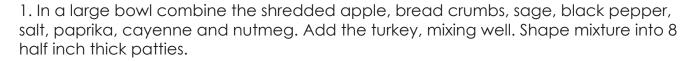
Turkey Apple Breakfast Sausage Patties

Serves 6

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



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.

Food For Thought

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.