

Turkey Apple Sausage Patties

Ingredients:

- 1 lb. ground turkey (may substitute chicken)
- 1/2 cup apples, finely minced
- 1/2 teaspoon garlic or onion powder
- 1/2 teaspoon Italian seasoning or sage
- 1/2 teaspoon paprika
- 1/4 teaspoon crushed fennel (optional)
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- 1-2 Tablespoons olive oil

Directions:

1. Combine turkey, diced apple, garlic, and spices in a mixing bowl. Mix thoroughly with large spoon or hands.
2. Using hands, form meat mixture into 12 small patties.
3. Heat skillet over medium heat. When skillet is hot, add oil.
4. Add patties to the pan, being careful not to overcrowd them. Cook for 3-4 minutes per side until browned and no longer pink in the center.
5. Move patties to a plate lined with paper towels and repeat if cooking in smaller batches.
6. Store in a covered container in the refrigerator for up to five days (may be frozen for longer storage).
7. *To cook from frozen: add a splash of water in a small pan. Heat over medium-low heat covered with a lid for 5-8 minutes or until heated through.*

Nutrition Facts

Serving Size (80g)
Servings Per Container 12

Amount Per Serving

Calories 80 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 45mg **2%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 8g

Vitamin A 2% • Vitamin C 2%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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