



Turkey and Apple Sausage

<u>U.S.</u>		<u>Metric</u>
1 small	Granny Smith Apple, shredded	1 small
1 lb	Ground Turkey, 90/10	455 g
3/4 tsp	Kosher Salt	1.5 g
2 tsp	Worcestershire Sauce	6 g
2 tsp	Sage, dried	3 g
1 Tbsp	Fennel Seed, crushed or ground	3 g
1/4 tsp	Nutmeg, ground	6 g
1 Tbsp	Brown Sugar	9 g
1/2 tsp	Onion Powder	1.5 g
1/2 tsp	Garlic Powder	1.5 g
1/4 tsp	Crushed Red Pepper Flakes	0.75 g
1 tsp	Olive Oil	5 mL
As needed	Oil Spray	As needed

Preparation:

1. Gather all ingredients and equipment. If baking the sausage, preheat oven to 400 °F/205 °C (see alternative cooking option).
2. Place all ingredients in a bowl, mix to incorporate.
3. Form 10 patties, about 1/4 inch thick.
4. Heat a nonstick or cast iron skillet over medium-high heat, spray well with oil spray.
5. Add the patties to the pan, making sure not to overcrowd the pan. You may need to cook the sausage in multiple batches. Cook about 3-4 minutes on each side, until browned and no longer pink in the center.
6. **Alternative Cooking Option:** Line a baking sheet with tin foil and spray with cooking spray. Arrange sausage patties on the tray and bake for 7-10 minutes or until internal temperature is 165 °F/74 °C in the center of the patties.

Nutrition Facts

10 Servings

Serving size 1 patty

Amount per serving

Calories 80

Calories from Fat 40

Total Fat 4 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 35 mg

Sodium 190 mg

Total Carbohydrate 4 g

Dietary Fiber 1 g

Total Sugars 2 g

Includes 1g Added Sugars

Protein 8 g

Vitamin D 2 %

Calcium 2 %

Iron 2 %

Potassium 35 mg

Phosphorus 5 mg
