



Turkey and Apple Sausage

| <u>U.S.</u> | | <u>Metric</u> |
|-------------|--------------------------------|---------------|
| 1 small | Granny Smith Apple, shredded | 1 small |
| 1 lb | Ground Turkey, 93/7 | 455 g |
| 2 tsp | Worcestershire Sauce | 6 g |
| 3/4 tsp | Salt | 1.5 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. Shred apple using a box grater or grater blade on a food processor.
3. Place shredded apple, turkey, worcestershire sauce, spices, and 1 tsp olive oil in a bowl. Mix until just incorporated. Do not overmix.
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 on Reverse**

9/17/20

Nutrition Facts

10 Servings

Serving size **1 patty**

Amount per serving

Calories **90**

| | |
|---------------------------|--------|
| Total Fat | 4.5 g |
| Saturated Fat | 1 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 1.5 g |
| Cholesterol | 35 mg |
| Sodium | 190 mg |
| Total Carbohydrate | 4 g |
| Dietary Fiber | 1 g |
| Total Sugars | 3 g |
| Includes 1g Added Sugars | |
| Protein | 9 g |
| Vitamin D | 0 % |
| Calcium | 0 % |
| Iron | 4 % |
| Potassium | 100 mg |
| Phosphorus | 90 mg |
