



## Sage Turkey Sausage

*Makes 4 servings (1 serving = 2 patties)*

- 1 pound ground turkey breast
- ¼ cup finely diced apple
- 2 tablespoons finely minced red onion
- 2 tablespoons finely minced fresh sage
- ½ teaspoon finely minced fresh thyme
- 3 tablespoons extra virgin olive oil
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper

### Directions

1. In a large bowl, mix together turkey, apple, onion, sage, thyme, 1 tablespoon olive oil, salt, and pepper.
2. Make eight patties from the turkey mixture.
3. Heat a nonstick skillet over medium heat. Add 2 tablespoons olive oil.
4. Brown the patties for 3–4 minutes on each side, until firm to the touch.
5. Store leftovers in an airtight glass container in refrigerator up to 3 days.

#### Nutrition (per serving)

Calories: 212  
Fat (g): 12  
Sat. Fat (g): 2  
Chol (mg): 61  
Sodium (mg): 469  
Carb (g): 2  
Fiber (g): trace  
Protein (g): 25

#### Core Food Plan (per serving):

Proteins: 3.5  
ns Veg: 0.5