



Turkey Breakfast Sausage

Prep: 5 minutes | Cook: 20 minutes | Total: 25 minutes

Yield: 8 patties | Serving Size: 1 patty

Ingredients

- 1 pound (16 ounces) lean ground turkey (90% lean or higher)
- 1 teaspoon dried sage
- 1 teaspoon dried oregano
- ½-1 teaspoon salt, to taste
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- ¼ teaspoon crushed red pepper flakes (add more or less to adjust the heat level as desired)
- 1 tablespoon maple syrup

Directions

1. Heat a nonstick skillet over medium-high heat.
2. Add the turkey, sage, oregano, salt, garlic powder, black pepper, red pepper flakes, and maple syrup to a large mixing bowl.
3. Gently knead the ingredients together with your freshly-washed hands.
4. Divide the mixture into eight equal portions, then form each portion into a patty about ¼- to ½-inch thick. Press your thumb into the center of each patty to create a dimple.
5. Working in batches, add the patties to the skillet and cook until browned and cooked through, about 3-5 minutes on each side.
6. Serve warm.

Recipe Notes

- Both the cooked and uncooked patties will freeze well, up to 3 months.
- If the patties are too dry for your taste, use ½ pound ground pork and ½ pound lean ground turkey. It will still have about half the fat as traditional pork breakfast sausage, but the slightly higher fat content will prevent a dry texture. Alternatively, you can add 1 egg or 1-2 tablespoons olive oil to the turkey mixture.

**Nutrition Facts Per Serving: Calories: 115 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 60 mg | Total Carbohydrate: 2 g | Dietary Fiber: 0 g | Protein: 16 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs