

Turkey-Apple Sausage Patties

Serves: 9 | Serving Size: 1 patty

Ingredients Needed:

- 1 cup apple, peeled and shredded
- 4 tablespoons bread crumbs
- 1 tablespoon fresh sage, minced (~10–15 leaves), or 1 teaspoon dried sage, crushed
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon nutmeg
- 16 ounces ground turkey
- Nonstick cooking spray



Directions:

1. In a large bowl, combine the shredded apple, bread crumbs, sage, pepper, salt, paprika, and nutmeg. Mix well.
2. Combine mixture with turkey.

3. Shape into 9 (½ inch thick) patties. Wash hands.*

4. Cook in a nonstick skillet for 8–10 minutes and the internal temperature is 165° F.

* Always wash hands well after handling raw poultry