

Homemade Spicy Turkey Breakfast Sausage

Yield:

1 pound (4 servings)

Ingredients:

1 pound ground turkey*

1 teaspoon salt

1 teaspoon ground black pepper

1/2 teaspoon cayenne pepper

1/4 teaspoon granulated garlic or garlic powder

1/2 teaspoon fennel seeds, crushed

2 teaspoons ground sage

1 teaspoon dried thyme

1/8 teaspoon ground cloves

1/8 teaspoon ground nutmeg

1/8 teaspoon ground allspice, optional

1 tablespoon maple syrup (or more to taste), optional

For a sweeter fruity sausage, also add 1/2 cup finely chopped apples

1.

Combine all ingredients in a bowl and mix well. Cover and refrigerate

for at least 15 minutes but as long as a day or two to allow flavors to

combine. See additional notes for freezing these sausage patties.

2.

Form meat into 8 small patties. Cook in a pre-heated skillet over

medium to medium-high heat, turning once, until browned.

Ground turkey

should be cooked until meat reaches 165 degrees.

Alternatively,

you can just fry this sausage into crumbles. Place meat in a pre-heated

skillet and cook and stir over medium heat until sausage is fully

cooked. You can use the crumbles to make omelets, pizza, sausage gravy,

or spaghetti sauce. (See notes below.)

3. Serve hot and enjoy!Additional Notes:

*If using lean ground turkey, add an egg or 1 tablespoon of oil to the sausage mixture.

Making pre-formed sausage patties for the freezer:

I have used this recipe to make pre-formed patties and frozen them for a quick pre-made sausage patty. For best results, freeze patties in a single layer on parchment paper or a silicone mat on a baking sheet. After they are frozen, remove and stack them in a container or bag in your freezer. Cook straight from the freezer, in a skillet as described in the recipe above.

This recipe adapted from *Light and Tasty*.

