

BREAKFAST TURKEY SAUSAGE

By Dr. Cindy Tanzar
(Standard)

When you're looking for a good protein alternative for breakfast, this homemade turkey sausage is a great recipe. It's very simple and cost effective. You can also double the recipe and freeze the patties or balls for a quick breakfast option later. There are options for pan frying or baking, as well.

Makes 4 servings. One serving is 3 ounces and covers your protein.



INGREDIENTS

- 1 lb. ground turkey (do not use the most lean)
- 2 Tbsp coconut or avocado oil, divided
- 1/2 tsp. dried thyme
- 1 tsp. ground sage
- 1/4 tsp. garlic powder
- 3/4 tsp. pink Himalayan salt
- 1/4 tsp. ground black pepper
- Red pepper flakes to taste, or 1/8 tsp. cayenne, optional



INSTRUCTIONS

Add the turkey, 1 Tbsp. oil and spices into a large bowl and mix well to combine. Form the mixture into 8 patties.

Heat a skillet on medium heat and coat with 1 Tbsp. of oil. Cook patties for 4-6 minutes on each side, until nicely browned and no longer pink inside.

Baking Option

Preheat oven to 400°F. Roll turkey mixture into 16 balls and bake for 15-20 minutes or until browned and no longer pink inside.