



EASY HOMEMADE CHICKEN APPLE SAUSAGE

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(Standard/Maintenance)

Tired of eggs for breakfast? This homemade breakfast sausage is easy to make, very affordable and provides more servings than a standard store-bought package of chicken or turkey sausage links or patties. You can make this recipe with either ground chicken or turkey – preferably dark meat, as it is juicier and more flavorful. Standard ground chicken and turkey usually is dark meat, but may not say so on the package; however, it will say if it is ground chicken breast (plus it will cost more). Don't worry about counting the fruit, as it is a very small amount per serving. This recipe makes 4 servings. One serving equals two patties and covers your protein for one meal.



INGREDIENTS

- 1-lb ground chicken or turkey
- 2/3 cup Granny Smith apple, peeled and diced small
- 1/2 tsp Pink Himalayan salt
- 1/2 tsp black pepper
- 1 tsp poultry seasoning
- 1/2 tsp allspice
- 1/4 tsp onion powder or 1 Tbsp fresh onion, finely minced
- 2 Tbsp coconut or avocado oil



INSTRUCTIONS

In a large bowl, combine the ground chicken or turkey, apples, spices, salt and pepper - using your hands to mix well. Form the mixture into 8 patties.

Heat a skillet over medium heat. Add the oil. When hot, add the patties. You may need to lower your heat to avoid burning. Brown the sausage patties nicely on each side – about 3-4 minutes per side or until juices run clear.

In the Oven

Preheat the oven to 425°F. Mix all the ingredients together, including the oil, combine well and form into 8 patties.

Place on a baking sheet and bake about 15 minutes, turning once halfway through.