



## FLAVORFUL BREAKFAST SAUSAGE

By Dr. Cindy Tanzar  
(Standard)

This sausage recipe was shared with Genesis by Lisa Coleman. She said it is “absolutely delicious,” and we have to agree. There are plenty of blended spices and herbs to create a flavor-packed breakfast, lunch or dinner. It would even be great pan-fried as a sausage crumble mixed with vegetables. If you don’t care for a particular spice/herb, just omit it; however, the paprika really is a big part of this recipe. There are four servings in this recipe (2 patties) and one serving covers your protein for one meal.



### INGREDIENTS

Avocado oil for frying (1-2 Tbsp)  
1-lb ground chicken or turkey (dark meat ground is juicier)  
1 Tbsp finely minced garlic or 1 tsp garlic powder  
1 Tbsp finely chopped fresh parsley or 1 tsp dried parsley  
1 Tbsp paprika (sweet, not smoked)  
1 tsp Pink Himalayan salt



1 tsp freshly-ground black pepper  
1/2-1 tsp fennel seeds, to taste  
1 tsp onion powder  
1/4-1/2 tsp red pepper flakes, to taste  
1/4 tsp each: dried thyme, dried rosemary, dried oregano and  
dried ground sage OR 1 tsp poultry seasoning

## INSTRUCTIONS

Place the ground chicken or turkey in a large bowl. Add the remaining ingredients and use your hands to mix thoroughly.

Roll into a ball and cover in plastic wrap, refrigerating for at least 6 hours or overnight. Can be kept in the fridge for up to 3 days.

When ready to fry, divide mixture into 8 equal patties. Heat a large skillet over medium-high heat. Add avocado oil and fry patties for 3-4 minutes on each side. They should brown nicely. Do not overcook, or they will be dry.

You can also just place the whole mixture into the pan and breaking it up with a spatula as it browns, making ground sausage.