



# Turkey Apple Sausage Patties

(Prep time 15 mins)  
(Cook time 10 mins)  
(Yield 4 servings)

## METHOD

- Discard liquid from the shredded apples.
- In a large bowl combine apples, nuts, sage, black pepper, salt, paprika, cayenne pepper, and nutmeg. Add ground turkey; mix well. Shape mixture into four ½ inch-thick patties.
- Coat an unheated large skillet with olive oil. Preheat over medium heat. Add patties to hot skillet. Cook for about 8 minutes or until no longer pink (internal temp of 165 °F) turning once halfway through cooking time. If patties brown too quickly, reduce heat.

**Note:** the internal color of a turkey patty is not a reliable doneness indicator. A turkey patty cooked to 165 °F is safe, regardless of color. To measure the doneness of a patty, insert an instant-read thermometer through the side of the patty to a depth of 2 to 3 inches.

- ½ cup shredded, peeled apple (may add small amount of lemon juice/water to prevent browning)
- ¼ cup finely chopped almonds or pecans
- 1 and 1/2 teaspoon snipped fresh sage or ½ teaspoon dried sage, crushed
- ¼ teaspoon black pepper
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon paprika
- 1/8 teaspoon cayenne pepper
- Dash ground nutmeg
- 8 ounces uncooked ground turkey breast
- 1 tablespoon of olive oil

Nutrient analysis for 1 serving: Calories 158, Carbohydrates 2g, Total Fat 12g, Saturated Fat 2g, Sodium 54mg (no salt)

*Cooking*  
WITH *Life*  
**CHEF RAY NUTTIE**

*This recipe does not adhere to Kosher guidelines.*