

# Turkey Sausage Patties

**Makes:** Approx. Twentyfour 2 oz. patties  
One 2 oz. patty = 1 unit protein

## Ingredients:

1 Tbsp. Olive Oil  
1/3 cup yellow onion, finely chopped  
1/2 cup Fuji Apple, peeled and grated  
1 Garlic Clove, minced  
1/2 tsp. Dried Thyme  
1/2 tsp. Dried Sage  
1 tsp. Kosher Salt  
1/2 tsp. Black Pepper  
1 package Ground Turkey Breast Meat  
1 package Ground Turkey Meat  
Olive Oil Cooking Spray

## Directions:

**Step 1:** Heat Olive Oil in a non-stick skillet over medium-high heat. Add the chopped onion and grated apple; sauté about 3 minutes. Add the minced garlic; sauté for less than a minute. Remove from skillet and cool completely.

**Step 2:** In a large bowl, combine the remaining ingredients well with clean hands. Add the cooled onion mixture, again with clean hands.

**Step 3:** Lay out a large piece of wax paper on your counter. Weigh out into 2 oz. portions (about 24) patties 1/2 thick.

**Step 4:** Heat a large non-stick skillet coated with the cooking spray. When the skillet is hot, add half of the patties. Cook 3 minutes on each side or until done. Repeat procedure with remaining half.