

Clean Eating Turkey Sausage

1 Lb. Fresh Ground Turkey
2 Tbsp. Fennel Seed
1 tsp. Cayenne Pepper
1 Tbsp Ground Sage
1 Tbsp Poultry Seasoning
½ tsp. Sea Salt
½ tsp. Black Pepper



1. In small sauce pan boil fennel seed to soften. About 10 minutes.
2. Place all ingredients in bowl and mix well with hands.
3. Make patties out of 3oz of mixture. Very thin about ¼" thick
4. Cook in skillet till each side browns.

2 patties per serving.

Nutrition Facts:

Cals: 177

Carbs: 7

Fat: 3

Prot: 29