

Clean Eating Turkey Sausage



Nutritional Info

Servings size: 2 sausage paddies

Amount Per Serving

Calories: 211

Total Fat: 5g

Carbs: 15g

Protein: 27g

Ingredients

- 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

Directions

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.