

# Turkey Sausage

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Blue – 0 points

Purple – 0 points

Green – 2 points

- 1 pound 99% fat free ground turkey
- 1 tsp dried sage
- 2 tsp salt
- 1/2 tsp white pepper (can use black pepper)
- 1/4 tsp crushed red pepper flakes
- pinch marjoram
- \*\*\*can substitute 1 1/2 tsp poultry seasoning for sage and marjoram\*\*

1. In a small bowl, mix all spices.
2. In a larger bowl, place ground turkey. Sprinkle seasonings over turkey and mix VERY WELL with hands until all the seasonings are distributed throughout meat
3. Next, you can form patties and fry them or use as ground turkey sausage in a recipe such as sausage gravy and biscuits or in a breakfast casserole.
4. I use a small amount of oil and non stick spray when cooking the sausage to prevent it from sticking.