

# RECIPE OF THE WEEK

by: Jean Michael Coronado

## Chicken Sausage

### Ingredients

- 8 ounces of Ground Chicken
- 1/4 tsp. Onion Powder
- 1/4 tsp. Garlic Paste or Powder
- 1/4 tsp. Red Pepper Flakes
- Pinch of Dill
- Pinch of Cumin
- Pinch of Coarse Salt
- Cracked Black Pepper to taste

## Preparation



1. Mix all ingredients in a bowl.
2. Heat a non-stick pan over medium heat.
3. Make the sausage mix into patties and cook for 5 minutes on each side or until cooked through.
4. Serve & enjoy
5. Phase Approved: Phases 1-3.

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