

# RECIPE OF THE WEEK

## Healthy Breakfast Sausage

### Ingredients

- 1 lb ground chicken breast
- 1 tsp. kosher salt
- ½ tsp. black pepper
- ½ tsp. ground sage
- ½ tsp. garlic powder

- ½ tsp. dried thyme
- ½ tsp. ground nutmeg
- ¼ -½ tsp. red pepper flakes
- 1 tsp. approved granular brown sugar substitute



### Preparation

1. In a medium bowl, mix together all spices.
2. Add in the ground chicken and mix spices through the meat using a spatula. Try not to overmix.
3. Refrigerate at least an hour, but overnight for best results.
4. Divide into 12 ¼-inch thick patties, each one about 2 rounded tablespoons.

#### COOKING ON STOVETOP

1. Take a large skillet and spritz with cooking spray. Sear the patties over medium-high heat for about 1-2 minutes per side.
2. Add 3 tablespoons of water to the skillet to deglaze.
3. Flip the patties around in the liquid until it is completely absorbed into the meat. This will add color and moisture to the sausage.
4. Serve warm and enjoy.

#### COOKING IN AIR-FRYER

1. Preheat air fryer to 400F.
2. Spritz both sides of the patties with cooking spray and add a single layer to the air fryer basket. You may need to cook in batches.
3. Cook for 8-10 minutes and flip halfway through.
4. Serve warm!

#### FREEZING THE SAUSAGE

1. Let patties cool off completely and then arrange in a single layer on a cookie sheet.
2. Cover with plastic wrap or tin foil.
3. Leave cookie sheet in the freezer until the patties are frozen through, for about an hour. Remove frozen patties from the cookie sheet and place frozen patties in a freezer bag.
4. Reheat in the microwave for 20-30 seconds, or air fry at 350°F for 5-7 minutes.

