

TURKEY BREAKFAST SAUSAGE PATTIES

INGREDIENTS

ITEM	QUANTITY
• Ground Turkey	5 Oz.
• Dried Sage	½ Tsp.
• Dried Thyme	½ Tsp.
• Salt and Pepper	

SERVING SIZE 1

PREPARATION

- Add turkey and seasonings to a bowl and mix gently until just combined.
- Form into 2-3 small patties.
- Heat a skillet over medium heat and cook patties for 4-5 minutes per side, until browned and fully cooked through.

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