

## HERBED TURKEY BREAKFAST SAUSAGE

*Adapted from Cooking Light*

### Ingredients

- 1 pound ground turkey
- ¾ cup diced pear
- ¾ cup diced red pepper
- ½ cup onion
- ¼ cup chopped cilantro
- 1 teaspoon dried sage (or 1 tablespoon fresh sage)
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon ground allspice
- ½ teaspoon crushed red pepper
- 1½ tablespoons canola oil

### Instructions

In a large bowl, combine all ingredients except the canola oil. Shape into 8 patties (½ inch thick).

Heat a large sauté pan on medium heat and add half the canola oil and half the shaped patties. Cook patties about 4 minutes per side, until slightly golden brown with an internal temperature of 165 degrees.

Drain the patties on paper towels. Wipe out any bits in the pan and repeat with the remaining oil and patties.

### Notes:

- You can substitute other herbs, like parsley or basil, for the cilantro.

**Yield:** 4 servings

### **NUTRITION FACTS PER SERVING**

CALORIES: 260

PROTEIN: 22 grams

SODIUM: 380 milligrams

CARBOHYDRATE: 10 grams

FIBER: 2 grams

FAT: 15 grams

SATURATED FAT: 3 grams