



# Breakfast Turkey Sausage



prep time  
10 minutes



total time  
20 minutes



servings  
10-12  
patties

## Ingredients

- 1 lb/450 grams ground turkey (or chicken or beef) ~12.5 servings of protein
- 3-4 teaspoon italian seasoning, see homemade recipe below
- 1 teaspoon sage
- 1 teaspoon salt
- 1/2 teaspoon sea salt
- 1 TBSP coconut oil or olive oil - 1 serving of fat

## Italian Seasoning Blend Ingredients

- 4 teaspoons basil
- 4 teaspoons oregano
- 4 teaspoons rosemary
- 4 teaspoons marjoram
- 4 teaspoons thyme
- 4 teaspoons savory
- 2 teaspoons garlic powder

## Instructions

- 1 Combine ground turkey and seasonings in a bowl. Mix well with your hands or a stand mixer and place turkey in a bowl in the fridge for 5 minutes. This will help the meat from sticking to your hand when you form the patties
- 2 Remove from the fridge and form 10 - 12 patties or any desired number of patties.
- 3 Heat a large skillet over medium heat. Add cooking oil (coconut, or olive oil or oil of choice). Add patties to the pan (in batches) and cook 3-4 minutes per side, until nicely browned and cooked through.
- 4 Remove from the pan and drain on paper towels if desired. Serve immediately, refrigerate, or freeze for future use.



- 5 As an alternative to patties, make ground sausage by cooking ground turkey and spices together in the oil, breaking up into pieces.

Whole recipe serving breakdown:  
12.5 Servings Protein  
0 Servings Carb  
1 Servings Fat  
0 Servings Veggies