

# Turkey Sausage

## Diabetes Friendly

Prep time 5 minutes Cook time 12 minutes

Serves 8

### Ingredients

- 1 pound of ground turkey
- 1 teaspoon of ground sage
- 1/2 teaspoon of thyme
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of onion powder
- 1/2 teaspoon of ground ginger
- 1/2 teaspoon of salt
- 1/2 teaspoon of black pepper
- Pinch of cayenne pepper (optional)

Nutrition Facts	
Amount Per Serving	
<b>Calories</b>	<b>109</b>
% Daily Value*	
<b>Total Fat</b> 5.9g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0.1g	
Polyunsaturated Fat 1.8g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 52mg	<b>17%</b>
<b>Sodium</b> 163mg	<b>7%</b>
<b>Total Carbohydrates</b> 0.4g	<b>0%</b>
Dietary Fiber 0.1g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 14g	
Vitamin D 0.1mcg	<b>1%</b>
Calcium 18mg	<b>1%</b>
Iron 0.9mg	<b>5%</b>
Potassium 160.5mg	<b>3%</b>
<b>Caffeine</b> 0mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

### Instructions

1. In a large bowl, combine all of the seasonings and mix.
2. Add the turkey and mix until the seasonings are evenly distributed throughout the meat.
3. Form the meat into patties. You can make them as big or as little as you want, but I typically make them about 2-1/2" in diameter and 1/2" thick.
4. Spray nonstick cooking spray in a skillet or griddle, heat the skillet to medium-high.
5. Cook the patties until they are browned on both sides and no longer pink in the middle. This takes about 4 minutes per side. Should read 165 degrees on a thermometer.
6. After they're done, transfer them from the skillet to a paper towel. Serve!

