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)

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!

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