

BREAKFAST

# Homemade Breakfast Sausage

Makes 5 servings · about 1 patty (~2½ oz cooked) each

|                                                                |           |
|----------------------------------------------------------------|-----------|
| SATIETY SCORE                                                  | NUTRITION |
| ● ● ● ● ○ 4 / 5                                                | HIGH      |
| Per serving (approx.): Protein 18 g · Fiber 0 g · Calories 200 |           |

## Ingredients

- 1 Tbsp olive oil
- 1 lb ground turkey
- 1 tsp fennel seeds
- 1 tsp dry sage leaf
- 1 tsp cut thyme leaf
- 1 tsp sea salt
- ¼ tsp ground black pepper
- ½ tsp cayenne (optional, for a little spice)

## Directions

1. Brown the ground turkey in the olive oil.
2. Add all of the spices while the turkey cooks, stirring to combine, until fully cooked through.

**Note:** For patties: mix the raw turkey and spices with 1 beaten egg and 1 Tbsp ground flax meal, form into patties, and cook in a little olive oil.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

## GROCERY LIST

# Homemade Breakfast Sausage

---

*Makes 5 servings · about 1 patty (~2½ oz cooked) each*

*Check off what you need — items are grouped by store section.*

## MEAT & POULTRY

---

- ☐ 1 lb ground turkey

## CHECK YOUR PANTRY

---

- ☐ Olive oil
- ☐ Fennel seeds
- ☐ Sage
- ☐ Thyme
- ☐ Salt
- ☐ Black pepper
- ☐ Cayenne pepper