

Guest Post: Chicken and Apple Sausage

Prep time

15 mins

Cook time

20 mins

Total time

35 mins

Serves: 4

Ingredients

- 2 large chicken breasts, or use 1 lb ground chicken
- 1 apple, peeled and finely diced
- 1 Tablespoon fresh thyme leaves, finely chopped (or use 2 Tablespoons dried thyme)
- 3 Tablespoons fresh parsley, finely chopped
- 1 Tablespoon fresh oregano, finely chopped (or use 2 Tablespoons dried oregano)
- 2 teaspoons garlic powder
- salt and pepper
- coconut oil to cook with

Instructions

1. Preheat oven to 425F.
2. Place 3 tablespoons of coconut oil into a skillet and cook (on a medium-high heat) the apples, thyme, parsley, and oregano until the apples soften (7-8 minutes).
3. Remove from heat and let cool for 5 minutes.
4. Food process the chicken breast (if you're not using ground chicken meat).
5. Mix the chicken meat with everything in the skillet, as well as the garlic powder, salt and pepper (including any leftover oil).
6. Form 12 thin patties (1/2 inch thick) from the meat and place on a baking tray lined with foil (so you don't need to wash the baking tray).
7. Bake for 20 minutes. Check with a meat thermometer that the internal temperature of a patty near the middle of the tray is 170F.
8. Cool and store in fridge or freezer (reheat easily in the mornings in the skillet or in the microwave).
9. If you want the sausages to be browned, then just pan-fry for a few minutes in coconut oil. You can also pan-fry the raw sausages instead of putting them into the oven.

Recipe by PaleOMG - Paleo Recipes at <http://paleomg.com/guest-post-chicken-and-apple-sausage/>

