

Turkey Breakfast Sausage



You can use this recipe for chicken and pork as well.

By mechanicmike

Prep: 10 mins

Cook: 10 mins

Total: 20 mins

Servings: 8

Yield: 8 servings



Ingredients

2 pounds ground turkey
1 tablespoon brown sugar
2 teaspoons kosher salt
1 ½ teaspoons ground black pepper
1 ½ teaspoons ground sage
1 ½ teaspoons ground thyme
½ teaspoon dried marjoram
½ teaspoon red pepper flakes

Directions

Step 1

Mix turkey, brown sugar, salt, black pepper, sage, thyme, marjoram, and red pepper flakes in a bowl. Shape turkey mixture into patties.

Step 2

Fry patties in a large skillet over medium-high heat until golden brown and no longer pink in the center, 6 to 8 minutes.

Nutrition Facts

Per Serving: 176 calories; protein 22.6g; carbohydrates 2.3g; fat 8.6g; cholesterol 83.8mg; sodium 545mg.