



Turkey Apple Sausage Breakfast Sandwiches

Get a head start on dinner! Set aside 2 sausage patties to make the Dirty Rice and Blackeye Peas recipe from page 32.



INGREDIENTS

Turkey Apple Sausage

- 1 pound ground turkey
- 1 red delicious apple, peeled, cored, and chopped
- 2 large cloves garlic, finely chopped and divided into 2 portions
- ½ teaspoon dried thyme
- ¼ teaspoon red pepper flakes
- 1 teaspoon dried sage

- ¼ teaspoon ground black pepper
- ⅛ teaspoon ground coriander
- nonstick cooking spray

Breakfast Sandwich

- 2½ cups chopped mushrooms
- 1½ cups chopped onions
- 6 whole wheat English muffins
- 6 slices tomato

PREPARATION

1. In a large bowl, combine turkey, apple, one garlic clove, thyme, red pepper flakes, sage, ground black pepper, and coriander; mix well.
2. Form the turkey mixture into 8 patties (set aside 2 patties for the Dirty Rice and Blackeye Peas recipe on page 32).
3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
4. Cook patties until they are cooked through, about 5 to 7 minutes per side. Set aside.
5. Spray the skillet with nonstick cooking spray and sauté the remaining garlic for 3 minutes.

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Makes 6 servings. 1 patty per serving.
Prep time: 5 minutes **Cook time:** 25 minutes

Nutrition information per serving: Calories 256, Carbohydrate 35 g,
Dietary Fiber 6 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 38 mg, Sodium 459 mg



Turkey Apple Sausage Breakfast Sandwiches *(continued)*



PREPARATION

6. Add mushrooms and onions. Sauté until the mushrooms are tender and onions begin to brown, about 5 minutes.
7. Cut each English muffin in half. Place a Turkey Apple Sausage patty, $\frac{1}{3}$ cup of mushroom-onion mixture, and a slice of tomato on 6 English muffin halves.
8. Cover each sandwich with the other English muffin half and enjoy!



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