

homemade turkey sausage

MAKES 8 patties

RECIPE ADAPTED FROM: [The Candida Diet](#)

COOK TIME: 15 minutes

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- 1 lb ground turkey
 - 1 Tbsp fresh sage, finely minced or 1 tsp dried sage, crumbled
 - 1 Tbsp green onions, finely minced
 - ¼ tsp dried thyme
 - ¼ tsp dried rosemary
 - ½ tsp dried garlic flakes
 - ½ tsp salt
 - ¼ tsp black pepper
 - Pinch of red pepper flakes
 - 2 Tbsp olive or coconut oil
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This recipe also works great as ground sausage that could be added to eggs, frittatas, breakfast burritos and more.

Combine all ingredients and cook in a heated skillet, breaking meat into small crumbles- simply skip the patty forming step!

PLACE all ingredients in a large bowl and mix until just combined (don't over work the mixture or the patties will be tough).

DIVIDE mixture into 8 equal portions and form into ½ inch thick patties.

METHOD 1:

HEAT 1 TBSP oil in a large skillet over medium heat.

COOK patties, four at a time, about 3-4 minutes per side or until they are nicely browned and cooked through.

REPEAT with remaining patties.

METHOD 2:

PRE-HEAT oven to 350°F and line a baking sheet with parchment paper.

PLACE patties onto baking sheet and bake for about 15 minutes or until cooked through.