



Homemade Turkey "Sausage" Patties

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 4

Nutrition Information Per Serving

238.5 calories, 1.22 g carbohydrate, 0.29 g fiber, 0.93 g NET carbs, 19 g protein, 17.62 g fat

Ingredients

- 3 tsp(s) Coconut Secret Coconut Aminos
- 1 1/2 tsp(s) ground sage
- 1 Tbsp extra virgin avocado oil
- 1 tsp sea salt
- 16 ounce(s) pasture-raised ground turkey
- 1 1/2 tsp(s) organic dried thyme

Preparation

1. In a large mixing bowl, combine the ground turkey with the sage, thyme and sea salt. Mix well.
2. Scoop the meat into golf ball sized mounds and flatten to form patties.
3. Heat a large, oven-safe skillet over medium heat. Add the oil and heat to shimmering.
4. Add the patties and cook until golden brown, about 3 minutes. Flip and cook until internal temperature reaches 160 F.

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