

Riverview Wellness Center

Recipe

Client Name: Patty Kielbasinski

Recipe for: Turkey Breakfast Sausage

Ingredients: 2 lbs ground turkey, 85% lean
2 tsp black pepper
2 tsp salt
2 Tbsp agave nectar
1/2 cup finely chopped fresh sage

Preparation: Using your hands, mix all ingredients together until well-blended.
Cover and refrigerate overnight to enhance flavors.
Use a 2oz. scoop to make 16 even portions.
Dip fingers in water (to prevent sticking) and press meat into thin patties the size of your palm. Saute in batches on medium heat in a large frying pan with a bit of olive oil until golden brown and cooked through.
Watch carefully....the agave can burn easily!