

Homemade Turkey Breakfast Sausage (Spicy)

Making your own breakfast sausage will allow you to manage the ingredients to your own tastes. For example, if you like it hot, add more cayenne pepper. Making the sausage out of ground turkey saves money and greatly lowers the fat content, especially the saturated fat. Buying fresh ground turkey at the meat counter instead of frozen brands like Jennie-O is a way to save money. Turkey Sausage can be made to taste as good as or better than pork or beef sausage.

Ingredients:

1 lb ground turkey	1/4 teaspoon cumin
3 teaspoon minced onion	1/4 teaspoon cayenne pepper
1/4 teaspoon salt	1/4 teaspoon garlic powder
1/2 teaspoon oregano	1/4 teaspoon ground cloves
1/2 teaspoon sage	1/4 teaspoon nutmeg
1/2 teaspoon thyme	1/4 teaspoon allspice
1/2 teaspoon black pepper	

Directions:

In a large bowl, mix all ingredients well (so you won't end up with any super spicy hot spots). Chill this mixture for at least one hour or overnight so that the meat will absorb the flavor of the spices (If you want to use it without chilling, that is OK too).

Divide sausage mixture into 8 equal pieces (2 ounces each). Use very clean hands to form each piece into a patty. You can cook them immediately in a fry pan or oven, or freeze them for later use. In the Nutrition section, one 2 ounce patty equals one serving.

Cooking Tip: Avoid over cooking to prevent having a dried out piece of sausage. Cook just until they are no longer pink inside, but still juicy. If you prefer a juicier sausage, add a little olive oil to the sausage mixture just before cooking.

Nutritional Information:

Serving Size: 1 - 2oz patty (double these numbers if you eat 2 patties)

Recipe makes 8 servings		Compared to 2oz of McDonald's Sausage
Calories:	134	232
Calories from Fat:	67	204
Total Fat:	7g	23g
Saturated Fat	2g	7g
Monounsaturated Fat	3g	10g
Polyunsaturated Fat:	2g	3g
Cholesterol:	57mg	42mg
Sodium:	316mg	413g
Potassium:	160mg	154mg
Total Carbohydrate:	0g	1g
Dietary Fiber:	0g	0g
Protein:	15g	9g

Ground Turkey Sausage (Smoked)

Ingredients:

1 lb. ground turkey

1/2 tbsp. Worcestershire sauce

1/4 tsp. Hickory Smoke Liquid (You can find this in the same area of the store as steak sauce)

1/4 tsp. sage

1/4 tsp. tarragon

1/4 tsp. thyme

Directions:

Mix all ingredients well. (Do not add additional Hickory Smoke) Form into 8 patties (2 ounces each).

Divide sausage mixture into 8 equal pieces (2 ounces each). Use very clean hands to form each piece into a patty. You can cook them immediately in a fry pan or oven, or freeze them for later use. In the Nutrition section, one 2 ounce patty equals one serving.

Cooking Tip: Avoid over cooking to prevent having a dried out piece of sausage. Cook just until they are no longer pink inside, but still juicy. If you prefer a juicier sausage, add a little olive oil to the sausage mixture just before cooking.

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Sodium:	254mg	413g
Potassium:	162mg	154mg
Total Carbohydrate:	0g	1g
Dietary Fiber:	0g	0g
Protein:	15g	9g