

Chicken Apple Sausage

The fresh sausage mixture will be a little wet and sticky. It's best to work with wet hands and cold water first, then handle as little as possible so the mixture stays cold. Don't flatten the balls into patties until they have been added to the pan.



Prep Time: 20 minutes

INGREDIENTS

- 1 pound ground turkey or chicken
- 1 apple (any variety), peeled and minced
- 1-3 cloves fresh garlic
- 2-3 teaspoons rubbed sage
- 1/2 to 1 teaspoon red pepper flakes
- 2 teaspoons crushed fennel seeds using a mortar and pestle
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 olive oil for pan

Yield: 6 servings

Cook time: 20 minutes

PREPARATION

- Combine chicken (or turkey), diced apple, garlic, spices, salt and pepper in a mixing bowl. Mix thoroughly with a large spoon or your hands.
- Using small scoop and wet hands, form meat mixture into 12 small patties.
- Heat a large skillet over medium-high heat. When the skillet is hot, add oil (about 1 tablespoon per batch of patties.)
- Cook patties 3-4 minutes on each side until golden. Flip and cook thru on the other side for 2 minutes.
- Makes 12 patties, 2 per serving.

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