



Jamie Eason's Turkey Breakfast Sausage

Ingredients

2 lb. extra-lean ground turkey breast
3/4 tsp ginger
1 tsp salt
1 tsp sage
1/4 tsp cayenne pepper
1-1/2 tsp black pepper

Directions

1. In a small bowl, mix all ingredients except for ground turkey.
2. Add spice mixture to the ground turkey in a large bowl and mix by hand until well incorporated.
3. Heat a skillet coated with nonstick spray over medium-high heat. Form meat mixture into 12 patties using a 1/4-cup measuring scoop and pan-fry on both sides until brown and center is no longer pink.

Tip: Cover with lid when browning for about 2-3 minutes on each side. Be careful not to overcook.