

LEAN TURKEY APPLE & MAPLE SAUSAGE BREAKFAST PATTIES

INGREDIENTS:

1 TEASPOON OLIVE OIL

1/2 YELLOW ONION, FINELY CHOPPED

1 GARLIC CLOVE, MINCED

1 HONEYCRISP OR BRAEBURN APPLE, FINELY CHOPPED

1/2 TEASPOON CINNAMON

PINCH OF NUTMEG

1 POUND EXTRA-LEAN GROUND TURKEY

1 1/2 TABLESPOONS PURE MAPLE SYRUP

2 EGG WHITES

1/4 CUP GLUTEN-FREE OAT FLOUR (I USE BOB'S RED MILL)

1/2 TEASPOON SALT

FRESHLY GROUND BLACK PEPPER

INSTRUCTIONS:

PREHEAT OVEN TO 450 DEGREES F. LINE A LARGE BAKING SHEET WITH PARCHMENT PAPER AND SPRAY WITH NONSTICK COOKING SPRAY.

HEAT OLIVE OIL IN A LARGE FRYING PAN OVER MEDIUM HEAT. ADD ONIONS AND GARLIC AND COOK UNTIL GARLIC BECOMES FRAGRANT. ABOUT 3 MINUTES.

ADD DICED APPLES AND COOK FOR A FEW MINUTES MORE, OR UNTIL THE APPLES HAVE SOFTENED.

REMOVE FROM HEAT. TRANSFER TO A LARGE BOWL. AND STIR IN CINNAMON AND NUTMEG.

ADD IN GROUND TURKEY, MAPLE SYRUP, EGG WHITES, OAT FLOUR, AND SALT AND PEPPER; MIX WELL. DIVIDE INTO 16 PATTIES AND PLACE ON A PREPARED BAKING SHEET.

BAKE FOR 10 MINUTES OR UNTIL TURKEY IS NO LONGER PINK. SERVE WITH EXTRA MAPLE SYRUP.