

Turkey Sausage With Sweet Cran-Apple Topping

These flavorful patties will be a great addition to any menu. Use this recipe to serve meats/meat alternates at breakfast.

Ages: 3-5 years Makes: 6 servings Prep time: 20 minutes
Cook time: 17 minutes

the

INGREDIENTS

Nonstick cooking spray

4½ oz turkey, ground, 93% lean, fresh or frozen (thawed)

¼ tsp sage, ground

¼ tsp onion powder

¼ tsp salt, table

⅓ tsp black pepper, ground

1 cup apples, fresh, cored unpeeled ¼" diced (gently wash apples under running water before cutting)

¼ cup + 2 Tbsp cranberries, dried, sweetened

3 Tbsp maple syrup

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DIRECTIONS

- 1. Wash hands with soap and water for at least 20 seconds.
- Preheat oven to 400 °F.
- 3. In a small bowl, combine turkey, sage, onion powder, salt, and pepper. Divide mixture into 6 even portions. Make patties.
- Place on a baking sheet sprayed with nonstick cooking spray. Wash hands after touching uncooked meats.
- **5.** Bake in the oven for 8–10 minutes. Heat to 165 °F or higher for at least 15 seconds.
- 6. Prepare Cran-Apple topping: Heat a medium nonstick saucepan on medium heat. Add apples and cook to soften, about 5 minutes. Stir frequently. When apples begin to soften, add dried cranberries and maple syrup. Bring to a light boil, about 2 minutes. Heat to 140 °F or higher for at least 15 seconds.
- 7. Remove patties from oven.
- 8. Serve 1 patty with 3 Tbsp cran-apple topping. Serve immediately, or keep warm at 140 °F or higher.



NUTRITION INFORMATION

CACFP CREDITING INFORMATION

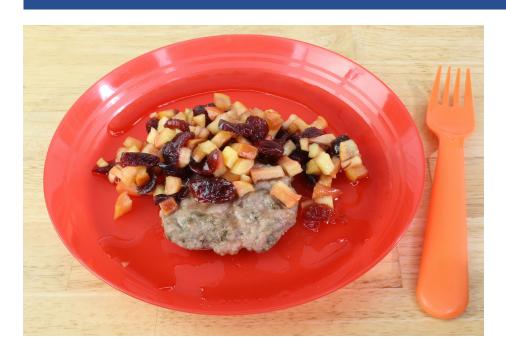
1 patty and 3 Tbsp cran-apple topping

Nutrients Calories	Amount 87
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein	2 g 0 g 16 mg 110 mg 14 g 1 g 8 g N/A 4 g
Vitamin D Calcium Iron Potassium N/A = Data not available	N/A 8 mg 0 mg N/A

¼ cup fruit ½ oz eq meat

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov



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These flavorful patties will be a great addition to any menu. Use this recipe to serve meats/meat alternates at breakfast.

AGES: 6–18 years PREP TIME: 20 minutes COOK TIME: 20 minutes

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½ cup fruit 1 oz eq meat

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

MODEDIENTO	25 SERVINGS		50 SERVINGS		DIDECTIONS	
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
					 Wash hands with soap and water for at least 20 seconds. 	
					2 Preheat oven to 400 °F.	
Nonstick cooking spray		1 spray		2 sprays		
Turkey, ground, 93% lean, fresh or frozen (thawed)		2 lb 6 oz		4 lb 12 oz	3 In a medium bowl, mix turkey, sage, onion powder, salt, and pepper. Make patties (~3 Tbsp of mixture each). Wash hands after touching uncooked meats.	
Sage, ground		2 tsp		1 Tbsp + 1 tsp		
Onion powder		2 tsp		1 Tbsp + 1 tsp		



	25 S	25 SERVINGS		ERVINGS		
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
Salt, table		2 tsp		1 Tbsp + 1 tsp		
Black pepper, ground		1 tsp		2 tsp		
					4 Place on a sheet pan (18" x 26" x 1") sprayed with nonstick cooking spray. Wash hands after touching uncooked meats. For 25 servings, use 1 pan. For 50 servings, use 2 pans.	
					5 Bake in the oven for 10–12 minutes. Heat to 165 °F or higher for at least 15 seconds.	
Apples, fresh, cored, unpeeled, ¼" diced* (gently wash apples under running water before cutting)	2 lb 2 oz	2 qt	4 lb 4 oz	1 gal	6 Prepare cran-apple topping: Heat a medium nonstick saucepan on medium heat. Add apples and cook to soften, about 15 minutes. Stir frequently. When apples begin to soften, add dried cranberries and maple syrup. Bring to a light boil, about 2 minutes. Heat to 140 °F or higher for at least 15 seconds.	
Cranberries, dried, sweetened	8½ oz	1½ cup + 1 Tbsp	2 lb 2 oz	1 qt + 2¼ cups		
Maple syrup		1½ cups		3 cups		
					7 Remove patties from oven.	
					8 Serve 1 patty with 1/3 cup (#12 scoop) cran-apple topping. Serve immediately, or keep warm at 140 °F or higher.	

^{*}See Marketing Guide





NUTRITION INFORMATION

1 patty and ⅓ cup cran-apple topping

Nutrients Calories	Amount 175
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein	4 g 1 g 31 mg 221 mg 29 g 2 g 16 g N/A 8 g
Vitamin D Calcium Iron Potassium N/A = Data not available	N/A 15 mg 1 mg N/A

YIELD/VOLUME				
25 Servings	50 Servings			
Weight: 6 lb 7 oz	Weight: 12 lb 8 oz			
Yield: 25 patties + 2 qt + ⅓ cup topping	Yield: 50 patties + 1 gal + ⅔ cup topping			

*MARKETING GUIDE					
Food as Purchased for:	25 Servings	50 Servings			
Apples, fresh	2 lb 5½ oz	4 lb 11 oz			