



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

½ 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

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. 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.
4. 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.

the

NUTRITION INFORMATION

1 patty and 3 Tbsp cran-apple topping

Nutrients	Amount
Calories	87
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	16 mg
Sodium	110 mg
Total Carbohydrate	14 g
Dietary Fiber	1 g
Total Sugars	8 g
Includes Added Sugars	N/A
Protein	4 g
Vitamin D	N/A
Calcium	8 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

the

CACFP CREDITING INFORMATION

¼ cup fruit
 ½ oz eq meat

Source: Team Nutrition CACFP Easy
 Recipe Project

TeamNutrition.USDA.gov



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: 6–18 years

PREP TIME: 20 minutes

COOK TIME: 20 minutes

CACFP CREDITING INFORMATION

½ cup fruit

1 oz eq meat

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 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	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
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 ⅓ 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	Amount
Calories	175

Total Fat	4 g
Saturated Fat	1 g
Cholesterol	31 mg
Sodium	221 mg
Total Carbohydrate	29 g
Dietary Fiber	2 g
Total Sugars	16 g
Includes Added Sugars	N/A
Protein	8 g

Vitamin D	N/A
Calcium	15 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

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 + ⅓ cup topping

*MARKETING GUIDE

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