

Turkey-Apple Sausage



< 40 min



4 servings



Ingredients

- 1 lb. ground turkey (organic, free-range if possible)
- 1 green apple (peeled, diced fine)
- 1 tsp grated ginger
- ½ cup green onions (diced)
- ¾ cup ground flax seed
- 1 tsp parsley
- 1 tsp sage
- 1 tsp salt
- ½ tsp pepper
- (for heat/spice, add 1 tsp curry powder or ½ tsp of chilli powder)

Preparation

Mix together all the ingredients in a large bowl. Shape the meat into small patties with your hands (should make about 8). Heat a skillet on medium and coat with coconut oil. Fry the patties until gently browned on both sides and cooked all the way through, about 15 minutes. Serve with sauerkraut, pickled-dish, salads or your favorite vegetable entry.



Try this mouth-watering sweet and savory sausage that is simply delicious and a perfect side dish for any meal.

- Protein (turkey)
- Vitamins, minerals & fiber (flax seed, onion, apple, celery)
- Antioxidants (ginger, garlic)