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FOR HEALTHY LIVING
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Turkey Breakfast Patties

YMCA of Northern
Rock County

All the flavor of packaged breakfast links without any of the bad stuff!

Servings: 6

Ingredients:

- 1 pound ground dark meat turkey*
- 1/2 cup shredded apple (such as granny smith or gala - organic is best)
- 2 1/2 teaspoons rubbed sage
- 3/4 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- Pepper to taste

Directions:

1. Place turkey and apple in a bowl.
2. Add spices and combine well using a fork.
3. Shape into six 4-inch patties (they will shrink when cooked).
4. Brown both sides in an ungreased non-stick pan or in a bit of oil, over medium-high heat for 5-7 minutes, until no longer pink inside or the internal temperature is 165 ° F.

*Ground turkey is generally dark meat unless marked "white meat". Dark meat works best for this recipe for the added moistness of the fat. If you cannot find ground dark meat, you can ask a butcher to grind turkey legs or thighs.

Nutritional Information:

Calories: 201

Fat: 13.4g

Carbs: 1.2g

Protein: 8.7g

Recipe courtesy of: <https://www.jennycancook.com/recipes/turkey-breakfast-patties/>



This recipe is provided to you
by Y Personal Trainer,
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