

Turkey Apple Breakfast Patty

Serves: 8

Ingredients

1 lb lean ground turkey breast or ground turkey	½ tsp ground fennel
½ Granny Smith apple, peeled, cored, and diced	¼ tsp crushed red pepper flakes (optional)
1 large garlic clove, minced	¼ tsp freshly ground black pepper
1 tsp dried sage	1/8 tsp ground coriander
½ tsp salt	
½ tsp dried thyme	

Directions:

In a large bowl, combine all the ingredients, mixing well. Form into 8 patties. On a lightly sprayed non-stick indoor grill pan, grill over medium heat 5-7 minutes per side or until completely cooked.

Makes 8 servings.

Per Serving: 68 calories, <1 g total fat (0 g saturated fat), 1 g carbohydrate, 14 g protein, <1 g dietary fiber, 173 g sodium.