

# Chicken & Apple Sausage Patties

6 ingredients · 30 minutes · 8 servings



## Directions

1. In a mixing bowl, combine the ground chicken, apple, sage, cinnamon and salt.
2. Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.
3. Heat coconut oil in a large cast-iron pan over medium heat. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.
4. Set aside to cool slightly. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

Each serving equals approximately one sausage patty.

### More Flavor

Add garlic powder and/or onion powder.

### Additional Toppings

Top with an egg, sauerkraut and/or mustard.

## Ingredients

**1 lb** Extra Lean Ground Chicken

**1** Apple (medium, cored, finely chopped or grated)

**1 tsp** Ground Sage

**1/2 tsp** Cinnamon

**1/2 tsp** Sea Salt

**2 tbsps** Coconut Oil

## Nutrition

	Amount per serving		
<b>Calories</b>	124	Vitamin A	18IU
<b>Fat</b>	8g	Vitamin C	1mg
<b>Carbs</b>	3g	Calcium	8mg
Fiber	1g	Iron	1mg
Sugar	2g	Vitamin B12	0.3µg
<b>Protein</b>	10g	Magnesium	14mg
Sodium	182mg	Zinc	1mg