

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

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