Pork & Turkey Breakfast Sausage

Adapted from my friend Sue, from a friend of hers

1 pound lean ground turkey (a mixture of light and dark meat)

1 pound ground pork (not seasoned, just plain ground pork)

2 teaspoons dried sage

2 teaspoons salt

1 teaspoon freshly ground black pepper

3/8 teaspoon dried marjoram

1/8 teaspoon red pepper flakes

1/8 teaspoon ground cloves, rounded

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 30

1. Place ground pork and turkey in a mixing bowl. As you add the seasonings, sprinkle them all over the meat, which makes it easier to distribute it when you mix it in.
2. As gently as possible mix in the herbs and form into individual patties (about 2 T each and use a cookie scoop if you have one) and place on a waxed-paper lined sheet pan. You can cook them at this point, but I freeze the whole batch. So, freeze them, then remove from waxed paper and store in a Ziploc freezer bag. To defrost, remove and use a low setting to defrost in microwave or place them in the refrigerator the night before you want to prepare them.
3. Fry the patties over low heat (they cook quickly and will dry out if cooked over high heat). When frying them, add just a little jot of canola oil to the pan if desired.

Per Serving (excluding unknown items): 62 Calories; 4g Fat (62.7% calories from fat); 6g Protein; trace Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 161mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Fat.