

Mild Turkey Sausage

From my friend Sue, from a friend of hers



Servings: 15

1. Place 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 about 12-15 small patties.
3. Fry them up immediately or wrap in plastic wrap and freeze. When frying them, add just a little jot of canola oil to the pan and cook them over medium to medium-low heat, mostly covered. Cooking over high heat will make them dry and tough.

1 pound lean ground turkey

1 teaspoon dried sage

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

1/8 teaspoon dried marjoram

1 pinch red pepper flakes

1 pinch ground cloves

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

Per Serving (excluding unknown items): 44 Calories; 2g Fat (43.6% calories from fat); 6g Protein; trace Carbohydrate; trace Dietary Fiber; 20mg Cholesterol; 164mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Fat.