

Breakfast Sausage



Ingredients:

- 450 grams ground (or finely chopped) chicken breast
- 1/3 cup peeled and diced red apple
- 2 Tablespoons olive oil
- 2 Tablespoons diced onion
- 1 Tablespoon maple syrup
- 2 teaspoons dried Sage
- 1 teaspoon ground pink rock salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon minced fresh Garlic

Instructions:

1. In a medium bowl, combine ground chicken with all other ingredients and mix well.
2. Make patties, using 1/3 cup mixture for each.
3. Place patties in a large sauté pan. Sauté over medium heat until cooked through, about 3-5 minutes each side, or until golden brown.

Makes 6 servings, each containing approximately:

140 calories, 18g. protein, 4g. carbohydrate, 6g. fat, trace fiber

Carbohydrates 27gm; Dietary Fiber 2 gm; Protein 29gm.