

# Apple Turkey Sausage Patties with Sauteed Greens

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 lb Extra Lean Ground Turkey
- 1 Apple
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Italian Seasoning
- 1 tsp Apple Cider Vinegar
- 1/2 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil (divided)
- 8 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	268	Iron	3mg
Fat	17g	Vitamin D	16IU
Carbs	9g	Folate	126µg
Fiber	2g	Magnesium	74mg
Protein	23g	Zinc	3mg
Vitamin C	19mg		

## DIRECTIONS

- 01 Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
- 02 Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
- 03 In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
- 04 When you are finished cooking the patties, use the same skillet to wilt the spinach with a tablespoon of water.
- 05 To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

## NOTES

### RECIPE ID 305

### SERVING SIZE

There are approximately three thin patties per serving.

### BEST FLAVOR

A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

### NO GROUND TURKEY

Use ground chicken, lamb, beef, pork or bison instead.