

Skillet Sausage and Apples with Avocado

2 SERVINGS 15 MINUTES



INGREDIENTS

8 ozs Turkey Sausage (sliced)
1 Apple (cored, 1/2 inch chopped)
1/2 tsp Cinnamon
1 Avocado (pitted, halved)
1 1/2 tsps Avocado Oil

NUTRITION

AMOUNT PER SERVING

Calories	585	Iron	3mg
Fat	44g	Vitamin D	0IU
Carbs	24g	Folate	84µg
Fiber	10g	Magnesium	34mg
Protein	23g	Zinc	1mg
Vitamin C	16mg		

DIRECTIONS

- 01 Place a large skillet over medium heat. Add the cooking oil, sausage, apples, and cinnamon. Cook for 8 to 10 minutes, or until the sausage is cooked through and apples are soft.
- 02 Divide the sausage, apples, and avocado onto plates or into containers. Enjoy!

NOTES

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NO TURKEY SAUSAGE

Use chicken sausage. Be sure sausage is free of any additives.