



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

TURKEY SAUSAGE

Time: 20 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
1 pound lean ground turkey
1 tablespoon Dijon mustard
1½ teaspoons dried oregano
1½ teaspoons dried basil
¼ teaspoon crushed red chili pepper
¼ teaspoon fresh ground black pepper
2 tablespoons soy sauce
2 cloves garlic - very finely chopped or crushed

Preparation:

Place a pan large enough for four patties on medium heat and add the olive oil.

Knead together the remaining ingredients just until evenly mixed.

Form the turkey mixture into four patties and place in the pan.

Cook three minutes on each side, then remove from heat, letting rest a few minutes before serving.

Nutritional Information Per Serving:

Calories: 158
Fat: 11g
Carbs: 0g
Fibre: 0g
Protein: 16g