

CHICKEN & APPLE BREAKFAST SAUSAGE

This is a delicious and healthy alternative to traditional breakfast sausage...and so easy to make!!

- 1 pound ground chicken
 - ½ cup grated apple, such as Granny Smith
 - ½ cup grated yellow onion
 - ½ teaspoon granulated garlic
 - 1 ½ teaspoons poultry seasoning
 - salt and pepper to taste
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- Place all ingredients in a mixing bowl. Gently mix with your hands to combine.
 - Form into small patties (approximately 2 inches in diameter). Patties can be made ahead to this point. Place on a plate, cover with plastic wrap and keep refrigerated for up to 24 hours.
 - To cook the patties, spray a skillet with nonstick cooking spray and heat over medium-high heat. Cook sausage patties approximately 5-6 minutes on each side, or until golden brown, thoroughly cooked, and juices run clear.

NOTE: If you cannot find ground chicken, you can use a combination of ½ pound boneless skinless chicken thighs and ½ pound boneless skinless chicken breasts. Run through a meat grinder attachment on your mixer or pulse in a food processor until the consistency of ground chicken. If using a food processor, be sure to pulse so you don't over process the meat into a paste.