

# Sage Turkey Sausage

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From the Kitchen of  
Well Life with Miriam

**Makes 4 servings (1 serving = 2 patties)**

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## Ingredients:

- 1 pound ground turkey breast
- 1/4 cup finely diced apple
- 2 tablespoons finely minced red onion
- 2 tablespoons finely minced fresh sage
- 1/2 teaspoon finely minced fresh thyme
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

## Directions:

In a large bowl, mix together turkey, apple, onion, sage, thyme, 1 tablespoon olive oil, salt, and pepper.

Make eight patties from the turkey mixture.

Heat a nonstick skillet over medium heat. Add 2 tablespoons olive oil.

Brown the patties for 3–4 minutes on each side, until firm to the touch.

Store leftovers in an airtight glass container in refrigerator up to 3 days.

*Recipe from: Institute of Functional Medicine*

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