

Turkey and Sage Sausage Patties

Makes 10 patties.

Ingredients:

1 pound ground turkey
2 to 3 tablespoons safflower oil
2 cloves garlic, minced
½ teaspoon salt
¼ teaspoon coarsely ground black pepper
1 tablespoon dried sage
1 tablespoon dried thyme
¼ teaspoon cayenne
1/8 teaspoon ground allspice
½ teaspoon fennel seeds

Preparation:

In a medium bowl or a food processor fitted with the metal blade, combine the turkey, 2 tablespoons oil, garlic, salt, pepper, sage, thyme, cayenne, allspice, and fennel seeds. Stir or pulse together until well mixed.

Heat remaining tablespoon of oil over medium heat in an All-Clad LTD2 3 Quart Saute Pan or use a Nonstick LTD2 Saute Pan without oil. Shape the turkey mixture into 2 ½ - inch patties about ¼ inch thick. There should be about 10. Cook in batches until browned on both sides and the centers feel firm when pressed with a finger, about 5 minutes.

