

## **Breakfast Sausage**

1 pound ground turkey breast  
½ teaspoon pepper  
1 teaspoon ground sage  
¼ cup dry bread crumbs

½ teaspoon salt  
½ teaspoon paprika  
1 small onion, diced  
1 Tablespoon canola oil

Mix all ingredients well in a bowl. Chill overnight. Form into six patties.  
Cook at medium low setting in a non-stick skillet sprayed with vegetable oil spray.

Nutritive Value for 1/6 recipe

117 calories  
3 grams of fat  
19 grams of protein  
3 grams of carbohydrate