



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Herbed Pear Breakfast Sausage

Adapted from Cooking Light

1 pound ground turkey meat (look for 93% lean or ground turkey breast)
3/4 cup diced pear
3/4 cup diced red pepper
1/2 cup diced red onion
1/4 cup chopped cilantro leaves
1 tsp dried sage (or 1/2 -1 tbsp chopped fresh sage)
1/2 tsp salt
1/2 tsp ground cumin
1/2 tsp ground allspice
1/2 tsp crushed red pepper
1 1/2 tbsp canola oil

Instructions:

In a large bowl, combine all ingredients except the canola oil. Shape into 8 patties (1/2 inch thick).

Heat a large sauté pan on medium heat and add half the canola oil and half the shaped patties. Cook patties about 4 minutes per side, until slightly golden brown with an internal temperature of 165 degrees.

Drain the patties on paper towels. Wipe out any bits in the pan and repeat with the remaining oil and patties.

Notes:

-You can substitute other herbs, like parsley or basil, for the cilantro. Fresh rosemary or oregano can also be used, but use much less because they are stronger-flavored.

-This recipe is also gluten free, but be sure to check your spices if you have celiac disease.

Yield: 4 servings



NUTRITION INFORMATION PER SERVING (2 small patties):

CALORIES: 260 calories

PROTEIN: 22 g

SODIUM: 375 mg

CARBOHYDRATE: 10 g

FIBER: 2 g

FAT: 15 g

SAT FAT: 3 g