

# Turkey Breakfast Sausage

## Ingredients

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3/4 t Ground Sage  
1/2 t Salt  
1/2 t Ground Black Pepper  
1/2 t Thyme  
1/2 t Oregano  
1/4 t Smoked Paprika  
1/8 t Crushed Red Pepper  
1 lb Ground Turkey

## Instructions

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1. Stir together all of the spices in a small dish until thoroughly mixed. Place the ground turkey in a mixing bowl and add the spice mixture. Mix the spices into the ground turkey until well combined.
2. Cover and refrigerate for at least an hour, or overnight so flavors can meld. Split the turkey mixture into eight balls, 2 ounces each. Press the balls into patties, about 1½ inch thick.
3. Mist a large griddle pan or skillet with cooking spray and bring over medium heat. When hot, place the patties on the pan in a single layer, not touching each other. Cook for 4-5 minutes and then flip. Cook on the other side for another 4-5 minutes until cooked through. Serve immediately.