

Lean Home-made Turkey Sausage

Ingredients

1 lb turkey breast
½ tsp thyme
Dash marjoram
Dash rosemary
Dash black pepper
Dash salt

Directions

Combine all ingredients together. Place in air-tight container. Chill in the refrigerator 4-24 hours to allow flavors to blend. For variety add 1 dash ground sage. Frozen ground turkey can be used, but fresh is better.

Recipe Note: A 3-ounce serving of homemade turkey sausage is 120 calories, 17 grams protein, 5 grams fat and 0 carbohydrates

Number of Servings: 5-3 oz. servings
Cost: ~95 cents/serving