



## Turkey Sausage With Sweet Cran-Apple Topping

These flavorful patties will be a great addition to any menu. Use this recipe to serve meats/meat alternates at breakfast.

**Ages:** 3–5 years  
**Makes:** 6 servings

**Prep time:** 20 minutes  
**Cook time:** 17 minutes

### the INGREDIENTS

#### Nonstick cooking spray

**4½ oz** turkey, ground, 93% lean, fresh or frozen (thawed)

**¼ tsp** sage, ground

**¼ tsp** onion powder

**¼ tsp** salt, table

**½ tsp** black pepper, ground

**1 cup** apples, fresh, cored unpeeled ¼" diced (gently wash apples under running water before cutting)

**¼ cup + 2 Tbsp** cranberries, dried, sweetened

**3 Tbsp** maple syrup

### the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small bowl, combine turkey, sage, onion powder, salt, and pepper. Divide mixture into 6 even portions. Make patties.
4. Place on a baking sheet sprayed with nonstick cooking spray. Wash hands after touching uncooked meats.
5. Bake in the oven for 8–10 minutes. Heat to 165 °F or higher for at least 15 seconds.
6. Prepare Cran-Apple topping: Heat a medium nonstick saucepan on medium heat. Add apples and cook to soften, about 5 minutes. Stir frequently. When apples begin to soften, add dried cranberries and maple syrup. Bring to a light boil, about 2 minutes. Heat to 140 °F or higher for at least 15 seconds.
7. Remove patties from oven.
8. Serve 1 patty with 3 Tbsp cran-apple topping. Serve immediately, or keep warm at 140 °F or higher.

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## NUTRITION INFORMATION

1 patty and 3 Tbsp cran-apple topping

Nutrients	Amount
<b>Calories</b>	<b>87</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	16 mg
<b>Sodium</b>	<b>110 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	1 g
Total Sugars	8 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	8 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

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## CACFP CREDITING INFORMATION

¼ cup fruit  
 ½ oz eq meat

*Source:* Team Nutrition CACFP Easy  
 Recipe Project

[TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov)