



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: 6–18 years
Makes: 6 servings

Prep time: 20 minutes
Cook time: 30 minutes

the INGREDIENTS

Nonstick cooking spray

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

½ tsp sage, ground

½ tsp onion powder

½ tsp salt, table

¼ tsp black pepper, ground

2 cups apples, fresh, cored unpeeled ¼" diced (gently wash apples under running water before cutting)

¾ cup cranberries, dried, sweetened

¼ cup + 2 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 10–12 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 ⅓ cup cran-apple topping. Serve immediately, or keep warm at 140 °F or higher.





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NUTRITION INFORMATION

1 patty and 1/3 cup cran-apple topping

Nutrients	Amount
Calories	175
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Total Fat	4 g
Saturated Fat	1 g
Cholesterol	31 mg
Sodium	221 mg
Total Carbohydrate	29 g
Dietary Fiber	2 g
Total Sugars	16 g
Includes Added Sugars	N/A
Protein	8 g
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Vitamin D	N/A
Calcium	15 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

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CACFP CREDITING INFORMATION

1/2 cup fruit
1 oz eq meat

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

