

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Homemade Turkey Sausage Patties

From *My Father's Daughter* by Gwyneth Paltrow

Makes 1 dozen small patties

1 tsp fennel seeds
Pinch hot chile flakes
Pinch cayenne pepper
½ tsp coarse salt
¼ tsp freshly ground black pepper
1 tsp finely chopped fresh sage
½ pound ground turkey
2 tsp real maple syrup
2 Tbsp extra virgin olive oil

1. Using a mortar and pestle or mini food processor, bash the fennel seeds, chile flakes, cayenne, salts, and pepper together. Combine this spice mixture with the sage, turkey, and maple syrup in a bowl until thoroughly combined.
2. Form the mixture into small, thin patties. Heat the olive oil in a large nonstick pan over medium-high heat. Cook the sausages for about 1 ½ minutes on each side, pressing down with your spatula to really brown them and keep them thin. Serve warm.

*You can freeze the cooked patties and reheat them in the oven.