

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Maple Sausage Patties

From *NomNom Paleo* by Michelle Tam and Henry Fong

Makes 16 Patties

2 pounds ground pork
2 Tbsp maple syrup
1 Tbsp kosher salt
1 tsp freshly ground black pepper
2 tsp minced fresh sage
1 tsp minced fresh thyme
½ tsp minced fresh rosemary
½ tsp chile powder
2 Tbsp ghee or fat of choice

1. In a large bowl, mix all the ingredients together except the ghee. Be careful not to overwork the meat – you don't want your patties to be dense and tough.
2. Use your hands to form the meat into sixteen 2-inch rounds. The patties should be roughly $\frac{3}{4}$ inch in height.
3. Melt the ghee in a large cast-iron skillet over medium heat. In two batches, cook the patties in the hot ghee for 4 minutes on each side, or until they're cooked through and golden brown.