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Homemade Turkey Breakfast Sausage

This homemade turkey sausage is flavored with sage, marjoram, and a bit of red pepper, with no preservatives. Freeze the patties individually to store and cook throughout the week.

Submitted by **cathy35** |

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Servings: 10

Yield: 20 patties

Ingredients

2 teaspoons dried sage

2 teaspoons salt

1 teaspoon ground black pepper

½ teaspoon red pepper flakes

¼ teaspoon dried marjoram

2 pounds ground turkey

Directions

Step 1

Mix sage, salt, black pepper, red pepper flakes, and marjoram together in a small bowl. Place turkey into a large bowl and mix in spice mixture with your hands until well combined. Form into 10 patties.

Step 2

Cook patties in batches in a large skillet over medium-high heat until no longer pink in the center and the juices run clear, about 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Recipe Tip

You can substitute Italian seasoning for marjoram if desired.

Nutrition Facts

Per serving: 135 calories; total fat 7g; saturated fat 2g; cholesterol 67mg; sodium 517mg; total carbohydrate 0g; dietary fiber 0g; protein 18g; vitamin c 0mg; calcium 21mg; iron 1mg; potassium 185mg