



You really CAN have sausage on the SCD diet!! This flavorful recipe is great for breakfast patties as shown or can be crumbled, browned and cooked for soups or homemade spaghetti sauce. Adapted from a recipe in Light & Tasty, you're going to love this! Make a big batch and freeze some for later!



Italian Sausage

1 lb. lean ground turkey or pork or a combination of these meats (no additives or "natural flavors")
1 tsp. rubbed sage
1/2 tsp. *each* salt, fennel seed, dried thyme
1/8 tsp. *each* crushed garlic, pepper
Dash *each* white pepper, cayenne pepper, ground allspice, ground cloves and ground nutmeg.

Combine ingredients in a large bowl and mix thoroughly. Form into patties and cook just until no longer pink in the center (Do not overcook).

Optional: For patties, add grated peeled apple to add moisture and flavor.