

# Turkey Sausage

## Ingredients

- 1 pound ground turkey
- 1 teaspoon rubbed sage
- 1 teaspoon ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon mustard powder
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon marjoram
- 1/8 teaspoon cayenne pepper (optional)



## Instructions

Mix all ingredients together in a large bowl. Mix well so that the spices are blended.

If you want ground sausage, simply cook the meat in a skillet.

If you want patties, get your hands wet (so the sausage won't stick) and form 12 patties. Cook in a skillet until browned and juices run clear, about 5 minutes on each side.

Note: Please make sure your spices aren't old.