

## Breakfast Chicken Sausage Patties

Makes 16 1-oz. patties (or 8 2-oz. patties)

1 lb. ground chicken\*  
1/2 tsp. dried sage  
1/2 tsp. dried marjoram  
1/2 to 3/4 tsp. dried thyme  
1/4 tsp. ground cayenne pepper  
heaping 1/4 tsp. ground allspice  
1/4 tsp. freshly ground black pepper  
about 3/4 tsp. kosher salt  
1 garlic clove, finely minced or pressed  
1/2 Tbsp. maple syrup  
2-3 tsp. olive oil

Lightly mix all ingredients together until the herbs/spices are well incorporated - make sure you don't over mix!

Divide the mixture into 4 equal parts, and then make 4 (or 2, for 2-oz. patties) patties from each part.

Heat a nonstick pan over medium heat and add 1 tsp. of oil. Put 1/3 or 1/2 of the patties (depending how big your pan is and how much space your patties take up) into the pan and cook about 2 minutes per side or until browned and cooked through. Repeat with the next 1-2 batches, adding an additional teaspoon of olive oil per batch.

\*Ground chicken breast will make a leaner patty, but dark (or a mixture of white and dark) meat will make a tastier patty. Nutritional information for both is as follows:

*Using all white meat (per 1 oz. patty, using 3 tsp. oil): Calories: 40.9 / Fat: 1.2g / Saturated Fat: 0.2g / Carbs: 0.6g / Fiber: 0.1g / Protein: 6.6g*

*Using dark meat (per 1 oz. patty, using 3 tsp. oil): Calories: 52 / Fat: 3.6g / Saturated Fat: 1.0g / Carbs: 0.6g / Fiber: 0.1g / Protein: 5.2g (huh. never knew dark meat had a little less protein?)*