

Frugal Foodie Friday: Extra-Lean Homemade Turkey Sausage

In my continued quest for some breakfast foods that will keep us going in the morning rather than weighing us down, I came across the idea of using some of that ground turkey I keep on hand to make a really quick version of homemade Breakfast Turkey Sausage Patties - lean to extra-lean (customised to your taste). I prefer to stir the spices in the night before, so they have time to infuse the meat, but you can easily whip this dish up on the fly. For the best cost savings, look for lean (93%) ground turkey meat on sale. For a leaner product, keep an eye out for deals on ground white turkey breast, which is the leanest you can find (99%). At home, I do use an egg or egg whites to add moisture. If you need an egg-free version, to keep the patties from becoming too dry, I recommend using the 93% ground turkey (or perhaps adding a bit of your favorite premade sauce/condiment).