



SAVORY APPLE-CHICKEN SAUSAGE

SERVES
8

TOTAL TIME: 25 MINUTES

INSTRUCTIONS

- In a large bowl, combine the apple, poultry seasoning, salt and pepper.
- Crumble chicken over mixture and mix well.
- Shape into eight 3-in. patties.
- In a large, greased cast-iron or other heavy skillet, cook patties over medium heat until no longer pink, 5-6 minutes on each side.
- Drain if necessary.

- + 1 large tart apple, peeled and diced
- + 2 teaspoons poultry seasoning
- + 1/2 teaspoon salt
- + 1/4 teaspoon pepper
- + 1 pound ground chicken

NUTRITION FACTS

Calories: 92 | Total fat: 5g | Saturated fat: 1g | Carbohydrates: 4g | Fiber: 1g
Protein: 9g

For more information, contact: **Kali Aloia MPH, RD, LDN**
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