

Recipe: Turkey "Sausage"

Ingredients:

- 1 pound ground turkey
- 1 Clove Garlic Minced (more as desired)
- 1 T Fennel seed
- 1 T Italian Seasoning
- 1 T Paprika
- 1 tsp Curry powder
- 1 tsp. Ground Mustard
- 1 tsp. Red pepper

Spray pan with non-stick spray.

Add turkey and garlic to pan and brown for 5 minutes.

While browning mix together spices in a small bowl.

Evenly distribute spices into turkey mixture and cook until completely browned.

Enjoy!