

Turkey Breakfast Patties

- 1 lb ground turkey
- 1 tsp salt
- 2 tsp dried sage
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp black pepper (optional)
- 1/2 grated zucchini (optional)

1. Combine all ingredient and mix well.
2. Form small patties or use muffin tin to make small “muffins”
3. Cook in skillet over medium heat for approximately 10 minutes on each side or until fully cooked or in oven at 425F for approximately 30 minutes (until they are fully cooked).

Tip: Make ahead and freeze for an easy breakfast for snack.



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