

Turkey Bratwurst Patties

Germans are master sausage makers, producing an estimated 1,500 varieties. This recipe includes typical bratwurst spices like ginger and nutmeg; lean ground turkey is a lower-fat alternative to traditional pork and veal. Serve these patties with Brown Beer Rye Bread and mustard for a hearty sandwich.

Ingredients:

- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon sugar
- 1/2 teaspoon ground coriander
- 1/2 teaspoon dried rubbed sage
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1 tablespoon fat-free milk
- 2 pounds lean ground turkey
- Cooking spray

Directions:

Combine all the ingredients except cooking spray, and mix well. Divide the mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat the pan with cooking spray. Add 4 patties; cook 4 minutes on each side or until done. Repeat procedure with the cooking spray and the remaining patties.

Yield: 8 servings (serving size 1 patty)

Nutritional Information

CALORIES 172(49% from fat); FAT 9.4g (sat 2.6g,mono 3.5g,poly 2.3g); PROTEIN 19.9g;
CHOLESTEROL 90mg; CALCIUM 19mg; SODIUM 343mg; FIBER 0.1g; IRON 1.5mg;
CARBOHYDRATE 0.6g

Recipe Source: Cooking Light, OCTOBER 2006