

# Leslie's Chicken Breakfast Patties

Leslie prepares patties from our ground chicken as a breakfast alternative to sausage. Her children love them!

- 3 lbs. ground chicken
- 1/4 cup warm water
- 3 tsp. ground sage
- 2-1/2 tsp. salt
- 2-1/2 tsp. ground pepper
- 1-3/4 tsp. marjoram
- 1/2 tsp. savory
- 1/4 tsp. nutmeg
- 1/4 tsp. cayenne
- to this I add some apples (I've tried cooked and raw, both seem to work fine. I never really measure, maybe 1 apple per pound, peeled and cut into cubes.)

Mix water and spices. Add apples and then pork. Knead the mixture until spices are distributed evenly. Form into small patties.

The recipe suggests frying (until brown on both sides), but I usually put the patties on a cookie sheet lined with parchment paper and bake at 400 degrees for 15-18 minutes.

Recipe adapted from *Lucy's Specific Carbohydrate Diet Cookbook*.

See <http://dhfarms.com/recipes.htm> for more great recipes.