

# Breakfast

## Sausage Patties

*\*Gluten-Free*

Many store-bought sausage patties are loaded up with nitrates and nitrites. This recipe allows you to adjust the flavorings according to your taste preference. Spice it up one day and add different herbs the next.

### You'll Need

- 1 pound lean ground pork
- 1 teaspoon minced garlic
- 3/4 teaspoon thyme
- 3/4 teaspoon fennel seeds
- 1/2 teaspoon salt
- Cooking Oil



### Directions

- In a bowl, combine pork, garlic, thyme, fennel seeds, and salt; mix until combined.
- Cover, refrigerate for up to 24 hours.
- Shape mixture into patties.
- Lightly coat skillet with cooking oil.
- Place skillet over moderate heat until it is hot.
- Add patties to skillet.
- Cook about 7 minutes on each side or until browned.

### Play With Your Food

- You can use other spices of choice such as crushed red pepper, all spice, garlic pepper, cayenne, paprika, etc.
- You can roll these into smaller balls and serve on a pizza, in pasta, or in a soup. Be creative and remember a little goes a long way for flavor and taste.

Medwell Kitchen Tested