

CHICKEN-APPLE SAUSAGE

(from *The Simple Art of Eatingwell*)

2 teaspoons oil
1 small onion, diced
1 medium sweet apple, peeled and diced
1 pound ground chicken
1 Tablespoon of finely chopped fresh sage (or 1 tsp dry)
1 Tablespoon light brown sugar
1/2 teaspoon fennel seeds, chopped (optional)
3/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Heat oil in a large non-stick skillet over medium heat. Add onion and cook, stirring, until beginning to soften, about 2 minutes. Add apples and cook, stirring, 2 more minutes. Transfer to a large bowl and cool for 5 minutes. Wipe out the pan.

Add chicken, sage, sugar, fennel (if using), salt and pepper to the bowl with the apples and onions. Gently mix to combine.

Generously coat the pan with cooking spray and heat over medium. Using a 1/3-cup measure, scoop 4 portions into the pan, flattening each into a 3-inch patty. Cook until the patties are browned and cooked through, about 3 minutes per side, adjust the heat as necessary to prevent burning. Coat the pan with cooking spray again and repeat with remaining sausage mixture.