

PREPARATION: 15 MINUTES

COOKING: 15 MINUTES

8 SERVINGS

# BREAKFAST SAUSAGE

## INGREDIENTS

### Spice mix\*

1 tablespoon finely chopped parsley

½ teaspoon garlic powder

½ teaspoon dried oregano

¼ teaspoon nutmeg

¼ teaspoon cayenne pepper

¼ teaspoon black ground pepper

1 lb lean ground pork

½ cup quick oats

1 egg

1 tablespoon honey

1 tablespoon olive oil



\*As a variation, replace the parsley and garlic powder with 1 tablespoon of chopped fresh sage and ½ teaspoon crushed fennel seeds.

## PREPARATION

- 1 In a small bowl, combine parsley, garlic powder, oregano, nutmeg, cayenne pepper and black pepper.
- 2 In a large bowl, mix ground pork, oats, egg, honey and the spice mix from step 1. Form eight patties with your hands.
- 3 In a non-stick frying pan, heat oil over medium heat. Fry the patties for about 3 minutes on each side or until they are brown and lost their pink colour inside (until internal temperature of 160°F has been reached).
- 4 Serve with fruit and toast.

## Nutrient Analysis

### PER SERVING:

1 patty

### RENAL EXCHANGE:

2 Protein

Calories **169Kcal**

Protein **12g**

Carbohydrates **7g**

Fibre **1g**

Total Fat **10g**

Saturated Fat **4g**

Cholesterol **61mg**

Sodium **47mg**

Potassium **213mg**

Phosphorus **139mg**