



Blueberry Chicken Sausage Patties



1/6th of recipe (2 patties): 102 calories, 1g total fat (0g sat. fat), 259mg sodium, 2g carbs, 0.5g fiber, 1g sugars, 17.5g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

1 lb. raw extra-lean ground chicken breast (at least 98% lean)
1/3 cup freeze-dried blueberries
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
3/4 tsp. ground sage
3/4 tsp. ground thyme
1/2 tsp. cinnamon
1/2 tsp. salt
1/4 tsp. black pepper
1/8 tsp. ground nutmeg

Directions

Preheat oven to 425 degrees. Spray a [12-cavity whoopie pie pan](#) with nonstick spray.

In a large bowl, combine all ingredients. Mix thoroughly.

Evenly distribute mixture among the cavities of the pan, and smooth out the tops.

Bake until firm with lightly browned edges, about 8 minutes.

MAKES 6 SERVINGS

HG Alternative: To make this recipe without a whoopie pie pan, use a standard sheet pan. Evenly form the mixture into 12 patties, each about 3 inches in diameter. Bake as directed. If you can't find extra-lean ground chicken breast, use extra-lean ground turkey instead.

Freeze & Heat 411: Once cool, tightly wrap each serving in foil or plastic wrap. Place individually wrapped patties in a sealable container or bag -- seal and store in the freezer. To thaw, unwrap and place on a microwave-safe plate. Microwave on high for 30 seconds, or until it reaches your desired temperature. Alternatively, refrigerate overnight to thaw.

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