



Maple Chicken Sausage Patties



1/6th of recipe (2 patties): 103 calories, 1g total fat (<0.5g sat. fat), 174mg sodium, 2.5g carbs, 0g fiber, 2g 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 (at least 98% lean)
- 2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
- 2 tbsp. lite pancake syrup
- 3/4 tsp. ground sage
- 3/4 tsp. ground thyme
- 1/4 tsp. each salt and black pepper
- 1/8 tsp. ground nutmeg

Directions

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

Combine all ingredients in a large bowl. 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

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