

Chicken Sausage Patties

Ingredients:

- 1 tablespoon butter
- 1 green apple, finely chopped
- 1 small onion, finely chopped
- Salt and pepper
- 1 teaspoon fennel seed
- 1 1/2 pounds ground chicken
- 1 1/2 teaspoons poultry seasoning
- 1 teaspoon allspice
- 1 teaspoon sweet paprika

Directions:

1. Heat a small nonstick skillet over medium heat.
2. Add butter and melt.
3. Add apples and onions and season with a little salt, pepper and fennel seeds.
4. Gently sauté the mixture 5 minutes to soften and place in a bowl to cool.
5. Put all other ingredients in the bowl and mix gently.
6. Form into small patties, about 12.
7. Cook 3 to 4 minutes on each side and serve warm.