

## 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 breast
- 1 1/2 teaspoons poultry seasoning, half a palm full
- 1 teaspoon allspice, 1/3 palm full
- 1 teaspoon sweet paprika, 1/3 palm full
- Extra-virgin olive oil, for drizzling

### Directions

1. Heat a small nonstick skillet over medium heat. Add butter and melt. Add apples and onions and season with a little salt, pepper and fennel seeds. Gently saute the mixture 5 minutes to soften and remove from heat to cool.
2. Heat a griddle pan or large nonstick skillet over medium-high heat.
3. Place chicken in a bowl and season with salt and pepper, poultry seasoning, allspice, paprika and a healthy drizzle of extra-virgin olive oil. Add in the apples, onions and fennel and mix the sausage. Score meat into 4 sections and form 3 small, thin patties from each section, 2 1/2 inches across, 12 small patties total. Cook patties 3 to 4 minutes on each side and serve warm.

Recipe courtesy of Rachael Ray

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