

Sausage Patties

Makes 16 portions (1 portion = 1 patty)

Ingredients:

Ground pork, lean	2 lbs (900g)
Sugar, white	1 tsp (5ml)
Sage, ground	½ tsp (3ml)
Marjoram, ground	½ tsp (3ml)
Black pepper	½ tsp (3ml)
Lemon juice	½ tsp (3ml)
Paprika	1/8 tsp (pinch)



Method:

1. Choose from the seasoning option listed in the ingredient list or select one from “**Tips**” box. Combine ingredients in a mixing bowl.
2. Cover the mixture and let set in the refrigerator overnight. (If you plan to freeze the sausage patties to cook later, skip this step).
3. Shape the mixture into 2oz (60g) patties. The recipe makes 16 patties in total. (To freeze the patties, put wax paper between them and place in a sealed freezer container or bag).
4. Spray frying pan with non-stick cooking spray. Heat pan over medium heat.
5. Cook both sides of the patty until crispy and brown.

Reference: Recipe adapted from Kidney Friendly cooking, CAND.

Nutrition Facts per portion:

101 calories
6.1 grams of protein
34 milligrams of sodium
158 milligrams of potassium
94 milligrams of phosphorus

Tips: Alternate seasoning options:

- 1) Mix ground pork with ¾ tsp black pepper, ½ tsp dried thyme, 1 ½ tsp dried sage, ¾ tsp sugar, ½ tsp cumin and ½ tsp crushed red pepper. Add a dash of Tabasco sauce.
- 2) Mix ground pork with 1 tsp fennel seed, ¼ tsp black pepper, ¼ tsp ground allspice, ½ tsp caraway seeds and ½ tsp dried marjoram.