



Delicious!

PREPARATION: 15 MINUTES | COOKING: 15 MINUTES | SERVINGS: 8 PATTIES

HEALTHIER BREAKFAST SAUSAGE

INGREDIENTS

Spice mix*

*1 tablespoon finely chopped
fresh parsley (or 1 teaspoon dried)*

½ teaspoon garlic powder

½ teaspoon dried oregano

¼ teaspoon ground nutmeg

¼ teaspoon cayenne pepper

¼ teaspoon ground black pepper

Sausage

1 pound lean ground pork

½ cup quick oats

1 large egg

1 tablespoon honey

1 tablespoon olive oil (for cooking)

PREPARATION

- 1** In a small bowl, combine all ingredients for the spice mix.
- 2** In a large bowl, mix ground pork, oats, egg, honey, and the prepared spice mix from step 1 until well combined, then form 8 equal patties.
- 3** Heat the olive oil in a nonstick skillet over medium heat. Cook the patties about 3 minutes per side, or until browned and the centers are no longer pink, reaching an internal temperature of 160°F.
- 4** Serve warm with fruit and toast.

*** For a different flavor, replace parsley and garlic powder with sage and fennel seeds.**



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Nutrient Analysis

PER SERVING

1 patty

Renal/Diabetic Exchanges:

1 ½ Meat + ½ Starch + 1 Fat

Calories **175 kcal**

Protein **12 g**

Total Carbohydrate **6 g**

Fiber **1 g**

Sugars **2 g**

Fat **12 g**

Saturated **3 g**

Cholesterol **62 mg**

Sodium **48 mg**

Potassium **174 mg**

Phosphorus **128 mg**

Calcium **17 mg**

Diet Types

✓ CKD Non-Dialysis

✓ Dialysis/Diabetes

✓ Dialysis

✓ Transplant

PHOSPHORUS CHECK ✓

Ways to stretch your protein source

Eating the right type and amount of protein is very important for those with kidney disease. Typically, one thinks of meat as the best way to meet this goal. Meat, however, can be expensive and, depending on the type chosen, can be high in fat, especially saturated fat. Eating too much saturated fat can raise LDL (“bad”) cholesterol in your blood. High LDL cholesterol can increase your risk of heart disease and stroke. One way to get around these concerns is mixing ground meat with a grain. By doing so, your meal will be more budget-friendly and lower in saturated fat.

Consider adding oatmeal to any type of ground meat to make burgers, meatloaf, meatballs, or sausage. Oats are an inexpensive ingredient that can increase the overall amount and nutrition of your dish. Add ¼ to ½ cup of dry oatmeal to one pound of ground meat or poultry — try chicken, turkey, pork, or beef. Simply add the oatmeal to the ground meat along with your other recipe ingredients and form into the desired shape for cooking. The oats will absorb fat and add moisture, resulting in a juicier, softer final product. Oats are bland and easily absorb the flavors of the meat, so their addition can go unnoticed.

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