Spicy Chicken Sausage Patties

Makes 1 serving (1 protein)
25 grams protein
2 grams fat
142 calories

Ingredients

- 100 grams chicken breast, ground (no dark meat)
- Dash of onion powder
- Dash of garlic powder
- 1 tablespoon onion, minced
- 1 clove garlic, crushed and minced
- Cayenne pepper to taste
- Sea salt and pepper to taste

Directions

1. Mix ingredients thoroughly in small bowl.

2. Form mixture into 2 or 3 patties and fry in small saucepan deglazing periodically with water to enhance flavour and keep chicken moist.

3. Cook thoroughly until lightly browned.