

# Sausage Patty with Egg



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 6-8 MIN

## INGREDIENTS

- 4oz ground turkey or sausage patty
- 1 egg over easy
- 1 tbsp avocado oil
- Dash of paprika
- Salt and pepper to taste
- 1 cup baby spinach
- 1/8 small red onion, sliced
- 1 oz (small handful) shredded cheese

## DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add ground turkey or sausage patty to skillet and cook for 3-4 minutes on one side.
3. Flip patty, and crack egg into the skillet next to the patty.
4. Season egg with paprika, salt, and pepper.
5. Cook for another 1-2 minutes, then flip egg.
6. Cook turkey or sausage patty until brown all the way through and cook egg until desired consistency.
7. Combine all remaining ingredient and serve turkey patty and egg over these ingredients (warm or cooled).

## NUTRITION INFO

Calories: 508, Carbohydrate: 4, Protein: 40, Fat: 37