



# Sausage & Apple Meatballs

## directions

1. Preheat oven to 375 degrees. Cover a baking sheet with parchment paper or foil.
2. Using your hand break up sausage patties in a mixing bowl.
3. Add bread crumbs, minced onion, egg, grated apple, chopped parsley, maple syrup, black pepper and flour to the bowl. Use your hands to mix all of the ingredients together very well.
4. Form sausage mixture into 12 large meatballs. Mixture may be a bit wet which is fine. Place on lined baking sheet. Bake for 15-18 minutes.

## notes

Freezes well.

## to serve

These are delicious for a main dish for 4 people along with a favorite side, such as a baked sweet potato or spinach salad. Whatever your family likes!



Twelve 2in

*servings*

15 min

*prep time*

15-20 min

*cook time*

## ingredients

6 Swaggerty's Farm Sausage Patties

2 slices of whole wheat bread, toasted & crumbled to make bread crumbs

1/2 cup finely minced onion (do my hand or as I did, in a food processor)

1 egg

1 tart apple grated

1/4 cup chopped parsley

1 teaspoon maple syrup

Black pepper to taste

1/2 cup all-purpose flour

Pairs well with: Spinach salad, broccoli, baked sweet potato, any vegetable

Special Kitchen Tools: N/A