Turkey Sausage Balls

1 pound turkey sausage, uncooked
8-ounce package low fat cream cheese, softened
2 cups whole wheat baking mix
1 cup low fat cheddar cheese, shredded

Preheat oven to 350 degrees F. Line baking sheet with parchment paper. Combine 1 pound of sausage and 8 ounce package of cream cheese together in the bowl of a stand mixer and mix until ingredients are combined. Continuing to mix on low speed, slowly add the 2 cups of baking mix until all ingredients are combined. Add 1 cup of cheddar cheese to the mixing bowl and mix on low speed until cheese is combined. Form mixture into 1 inch balls and place on baking sheet. Place baking sheet in refrigerator for 10 minutes to chill. Remove and bake in oven for 25 minutes. Serve warm. Yield 8 servings.

Caly Blacksher

Protein

Nacogdoches

Junior