

SCRAPPLE



50 STATES
☆☆☆
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 tablespoon avocado oil
- ★ 1 pound cooked chicken breakfast sausage
- ★ ½ pound raw, bulk pork breakfast sausage
- ★ 1 small yellow onion, finely diced, about ½ cup (3 ounces)
- ★ 1 teaspoon poultry seasoning
- ★ 4 cups low-sodium chicken broth, divided
- ★ ⅓ cup whole wheat flour
- ★ 1 cup cornmeal
- ★ 1 tablespoon unsalted butter
- ★ 2 tablespoons Wondra, for dusting
- ★ No sugar added applesauce, for serving, optional

DIRECTIONS

Prepare a 9½ x 5 x 2½ inch loaf pan by lining it with a piece of plastic wrap, it needs to be long enough to hang over the edges of the pan. Cut the chicken sausage into large pieces, and using a food processor, process chicken sausage until finely ground, stopping to clean down sides of the bowl with a rubber spatula, being careful not to make a paste. Set aside.

In a large, wide bottom pot, heat oil over medium-high heat. Once oil is hot, add the pork sausage, breaking it up with a wooden spoon into small pieces (slightly larger than the ground chicken sausage), cook until it starts to brown. Add the onion and stir to combine with sausage meat, cook until the onion is translucent and sausage meat is no longer pink, about 3 minutes. Stir in the poultry seasoning and cook for 1 minute. Add the ground chicken sausage and stir to combine, add the ¾ cups broth, let it come to a boil. In a small bowl, whisk together the flour and the remaining ¾ cup broth. Once the liquid is boiling, slowly stream in the cornmeal while whisking so there are no lumps. Whisk in the flour mixture, turn the heat to low, and cook for 30 minutes, it will bubble and thicken, the final consistency will be like a very thick porridge. Make sure to stir often so it doesn't stick to the bottom.

Pour mixture into the lined loaf pan and cover the top with the overhanging plastic wrap, let cool completely, then place in the refrigerator overnight to set up. Next day, trim off one end of the loaf, cut into ½ inch thick slices, any slices that are not being served, can be frozen and cooked when needed.

Heat a small, non-stick skillet with the butter over medium-low heat. Once butter has melted and foam has subsided, add 2 slices of scrapple that have been dusted with Wondra and fry for 4 minutes per side, or until golden brown. Serve immediately, top with no sugar added applesauce, if desired.

Slice and freeze the leftover scrapple for an easy breakfast!

Serving Size and Nutritional Information:

Serves 12 (Serving Size 1 Slice = 160g)

200 Calories Per Serving, 12g Total Fat,

14g Total Carbohydrates, 11g Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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