

Tempeh and Potato Sausages

- 2 tablespoons canola oil, plus additional oil for cooking
- 8 ounces tempeh, finely crumbled
- 1 small russet potato, grated
- 3 green onions, finely chopped
- 2 tablespoons whole wheat pastry flour
- 1/2 teaspoon hickory smoke
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1/4 teaspoon ground nutmeg
- 1/3 teaspoon ground pepper
- 2 teaspoons tamari sauce sea salt to taste

Preheat extra oil in large skillet.

In a large bowl, combine all ingredients and mix well with your hands.

Form mixture in eight 3/4 inch thick patties. Cook sausage patties over medium heat on both sides until browned.

Serve warm with eggs, any style, if desired.

Makes 4 servings.