

Chicken Apple Sausage Pancake Rollups

[Billy Strykowski of Cooking Light Magazine](#)

From the Yale Appliance + Lighting Chef Series

Ingredients:

- 2 tablespoons vegetable oil
- 4 Chicken Apple Sausages
- 1 cup flour
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1egg
- 1 teaspoon poppy seeds
- 1 cup vanilla yogurt
- ½ cup pure maple syrup

Method:

1. Heat skillet over medium heat. Add 1tablespoon oil and swirl to coat the bottom of the pan. Add sausage, brown on all side. Lower heat and cook 8 minutes or until cooked.
1. Remove from pan, set aside... When sausages are cooled slice each sausage in half long ways.
2. To make pancake batter. Mix all ingredients together (flour thru yogurt) making sure the batter is smooth. Let sit for 10 minutes to thicken...
3. Heat non stick skillet over medium heat; grease lightly. Pour batter to make 4 inch wide pancakes onto heated skillet. Turn pancakes when tops are covered with air bubbles. Make8 pancakes.
4. To make the rollups. Reheat the sausage, place each piece of sausage in the center of each pancake and roll up. Serve two per person with warm maple syrup.