



GROUP 15
BREAKFAST & BRUNCH

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CINNAMON FRENCH TOAST

For a weekend treat, serve this low-fat French toast with reduced-calorie syrup and cinnamon sugar. Fresh fruit helps keep it light.



- Skip some of the yolks to cut cholesterol
- French or Italian bread is low in fat
- Calorie count is low—only 175 per serving

Sunday Special



PREPARATION TIME

10 minutes

COOKING TIME

10 minutes

CINNAMON FRENCH TOAST • *Healthy Meals in Minutes™*

SERVES 4

- 1 large egg
- 2 egg whites
- ¼ cup skim milk
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 8 1-inch-thick diagonally cut slices French or Italian bread
- Cinnamon sugar and reduced-calorie maple syrup (optional)

1 In a shallow bowl, using a wire whisk or a fork, beat the egg and egg whites until foamy. Add the milk, vanilla, cinnamon, and nutmeg. Beat well; set aside.

2 Preheat the oven to 200° F. Lightly spray a large nonstick skillet with vegetable cooking spray; heat over medium heat. Dip 4 of the bread slices into the egg mix-

ture, turning to coat and draining excess back into the dish.

3 Place bread slices in prepared skillet. Cook until golden brown, turning once, about 1 to 2 minutes per side.

4 Transfer cooked slices to a plate; keep warm in oven. Dip remaining slices in egg mixture; cook as directed. Spray skillet with vegetable cooking spray as needed.

5 Divide French toast among serving plates. Sprinkle lightly with cinnamon sugar and top with maple syrup. Serve immediately.



VARIATION

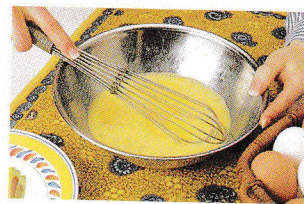
For puffy French toast, prepare egg mixture in a large, shallow glass dish. Add bread slices, turning to coat. Cover and refrigerate overnight. Cook and serve as directed.

Per Serving: Calories 175 (18% from fat) Carbohydrates 8 g Protein 9 g Sodium 350 mg Fat 4 g Cholesterol 53 mg

COOK'S TIPS



Any type of bread works well in this recipe. Experiment with slices of cinnamon-raisin bread or whole-wheat bread. Try all-fruit preserves as a topping.



A wire whisk is good for blending mixtures that need to be smooth or whipped. Use a bowl that is sufficiently large enough for the whisk to move freely.