



Baked French Toast

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 2 slices

Ingredients

Nonstick cooking spray
2 tablespoons unsalted butter
3 eggs
1 tablespoon vanilla extract
2 teaspoons packed brown sugar
1 teaspoon ground cinnamon
1 pinch salt
1 cup lowfat (1%) milk
8 slices whole-grain or multigrain sandwich bread

Directions

1. Preheat the oven to 425°F. Spray a rimmed baking sheet with nonstick cooking spray, then set aside.
2. Add the butter to a small microwave-safe bowl. Microwave on high power (default setting) until melted, about 15-30 seconds. Set aside to cool slightly.
3. In a separate medium mixing bowl, whisk together the eggs, vanilla, brown sugar, cinnamon, and salt.
4. Add the cooled melted butter and milk. Whisk to combine.
5. Pour the egg mixture into the prepared baking sheet. Tilt the pan to each side until the liquid covers the bottom.
6. Working quickly, place the slices of bread onto the baking sheet in a single layer, then flip the slices over. Let sit to absorb the egg mixture, about 1-2 minutes.
7. Bake until the bottoms of the bread slices are golden-brown, about 12-15 minutes.
8. With the pan still in the oven, switch the oven to broil on high. Continue cooking until the tops of the bread slices are lightly-browned, about 1-3 minutes. This happens quickly, so watch closely to make sure the bread doesn't burn.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 11.5 g | Saturated Fat: 5.5 g
Sodium: 415 mg | Total Carbohydrate: 29 g | Dietary Fiber: 4 g | Protein: 13.5 g**

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