

FRUIT-FILLED FRENCH TOAST

4 slices Italian, French, or challah bread (about 4 inches in diameter, sliced 1 inch thick)

4 generous tablespoons fruit spread (see page 334)

≈

2 large eggs, lightly beaten

½ cup milk

1 teaspoon pure vanilla extract

¼ teaspoon cinnamon

2 teaspoons butter

2 teaspoons vegetable oil

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plain yogurt (optional)

With a sharp serrated knife, cut lengthwise through each slice of bread to within ½ inch of the bottom and side crusts to make a pocket. Using a butter knife, fill each pocket with a generous tablespoon of fruit spread.

In a shallow bowl that is large enough to hold the four bread slices in one layer, mix together the eggs, milk, vanilla, and cinnamon. Soak the bread slices for 2 or 3 minutes, turning them over once.

Warm a large skillet on medium-low heat. Coat the bottom of the skillet with 1 teaspoon each of the butter and oil. Cook two slices of bread at a time for about 6 minutes, turning the slices over several times, until both sides are nicely browned and crisp. Add the remaining teaspoon of butter and oil to the skillet and cook the final two slices of bread.

Serve hot, either plain or topped with yogurt.

PER SERVING: 410 CALORIES, 13.5 G PROTEIN, 16.2 G FAT 52.2 G CARBOHYDRATE, 463 MG SODIUM, 230 MG CHOLESTEROL.

TOTAL TIME

20 minutes

SERVINGS

2

Folks find Fruit-Filled French Toast as much fun to eat as it is to say—more, even. We like it for Sunday brunch or a casual late-night supper.