



# COOKING at CUE

With Guest Chef Beverly

Tegler 12-1 pm

Dec 6th

Quick & Easy French Toast

Come try some samples!

## **Quick and Easy French Toast**

5 minutes preparation time / 5 minutes cook time / 95 calories per serving

Makes 4 servings

### **Ingredients:**

- 1 egg (or vegan egg substitute)
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ cup milk (or vegan milk substitute)
- 4 slices thick sandwich bread (eg: White or Whole Wheat Texas Toast)
- Butter and vegetable oil

### **Serve with:**

Syrup, butter, fruit, powdered sugar

### **Directions:**

1. Whisk together eggs, milk, cinnamon, and vanilla in a medium bowl; set aside.
2. Heat a skillet to medium heat and add equal amounts of butter and oil.
3. Soak the bread in the egg mixture for a few seconds.
4. Fry the bread slices until golden brown, 2 to 3 minutes per side.
5. Transfer to a wire rack in a low oven (250 o F) to keep warm while cooking the rest of the bread.
6. Wipe the pan and repeat with butter, oil, and bread.
7. Serve warm with butter and syrup. If desired, add powdered sugar or fruit.

### **Variations:**

- Try adding a pinch nutmeg or substituting Egg Nog instead of milk for a festive treat!
- For dairy-free, use a milk alternative.
- For gluten-free, use gluten-free bread.
- Use 2 slices of toast and make a breakfast sandwich with ingredients like cheese, egg, and breakfast meat.

### **Make ahead and freeze it:**

- Place wax paper between each piece of toast and freeze in a container for 2 – 3 months.
- To reheat, turn on the oven to 350°F.
- Place on a baking sheet and heat for 5 – 10 minutes or put on a plate in a microwave for about 1 minute at a time until fully heated.