



French Toast Bake



6 large eggs
1 (12 oz.) can evaporated skim milk
1/4 cup packed brown sugar
1 1/2 teaspoons vanilla extract
1 teaspoon ground cinnamon
1 large loaf French bread, cut into 1-inch cubes

Topping:
1/4 cup packed brown sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/4 cup (1/2 stick) margarine, diced

Instructions: Wash hands with soap and water. Preheat oven to 375°F. Lightly grease a 13x9-inch baking dish with nonstick cooking spray. In a large bowl, whisk the eggs, milk, brown sugar, vanilla and cinnamon. Add bread cubes and stir until bread is fully coated. Spread into baking dish. In a small bowl, stir brown sugar, cinnamon and salt for the topping. Sprinkle over the bread mixture. Dot with diced margarine. Bake for 25-30 minutes until slightly browned and internal temperature reads at least 160°F with a food thermometer. May serve topped with powdered sugar, berries, syrup or yogurt.

Yield: 8 servings

Nutrition Facts (per serving): 280 calories, 5 grams fat, 530 milligrams sodium, 44 grams carbohydrate, 2 grams fiber, 12 grams protein