

Leisurely French Toast

Yield: 8 servings

Ingredients:

12 cups of inch-square bread cubes
1 8-ounce package cream cheese, cut in half-inch cubes
1 cup brown sugar
½ cup butter
2 tablespoons corn syrup
6 eggs
2½ cups milk
1 tablespoon vanilla extract
2 teaspoons ground cinnamon

Procedure:

Spray with cooking oil a 13x9x2 baking dish made of glass or some other oven-proof material that will not react with and discolor eggs. Place bread in dish, and then evenly distribute cream cheese cubes among bread cubes. In a small saucepan, heat brown sugar, butter and syrup. When thickened, drizzle over bread mixture; while caramel is cooling, combine remaining ingredients and whisk until eggs are well blended. Pour mixture over caramel-coated bread and cheese and refrigerate 2 to 24 hours. Bake at 350 F for about 40 minutes or until top is golden brown.

535 calories
and 27 grams
of fat
per serving

By using Neufchatel cheese instead of cream cheese and by using a liquid egg substitute in place of whole eggs, you'll create a recipe that totals 460 calories and 18 grams of fat per serving.



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