

Stuffed French Toast

Ingredients

6 1-inch thick slices of French bread
¼ cup of nonfat or light cream cheese
½ teaspoon finely shredded orange peel
1 teaspoon orange juice
Egg substitute equivalent to 3 eggs
2 tablespoons skim milk
Vegetable oil spray

Directions

Cut a pocket horizontally into each slice of French bread, being careful not to cut all the way through. Set aside.

In a small bowl, stir together cream cheese, orange peel and orange juice. Spoon about 1 heaping teaspoon cream cheese mixture into each bread pocket. Spread evenly with a knife.

In a shallow bowl, beat together egg substitute and milk. Place a slice of stuffed bread in the egg mixture. Let it soak for about 30 seconds. Turn bread over and let it soak another 30 seconds. Repeat with remaining pieces of bread.

Spray a griddle or large skillet with vegetable oil. Place over medium heat. Cook bread slices 3 to 4 minutes on each side, or until golden brown.

Cook's Tip:

There's no need to give up eggs when you're on a heart-healthy diet. Egg substitutes make a great stand-in for the real thing. Instead of using egg substitutes, you can also use egg whites in the place of whole eggs. Use 2 egg whites for each whole egg called for in a recipe. If the recipe requires a large number of eggs, then use 2 egg whites and 1 whole egg for every 2 whole eggs.

Nutrition Facts

Calories:	242 kcal
Protein:	15 g
Carbohydrates:	42 g
Total fat:	1 g
Saturated fat:	0 g
Cholesterol:	2 mg
Sodium:	646 mg

Courtesy of the American Heart Association