

## Recipes



### Lemon French Toast

Servings: 4 to 6

French toast is always nutrient-rich, thanks to the whole-grain bread and the egg. We add another plus to this French toast, because it is lighter in calories than most. Top this one off with some lemon yogurt and a few blueberries or blackberries.

#### Ingredients

##### Bread

8 ounces light cream cheese, softened  
1/3 cup sugar  
1 tablespoon lemon juice  
1 loaf whole-grain, crusty Italian bread,  
sliced crosswise into 1- to 1-1/2-inch-  
thick slice

##### Batter

4 eggs  
1/2 cup low-fat milk  
1/2 teaspoon nutmeg  
1 teaspoon grated lemon peel  
1 teaspoon vanilla extract  
2 tablespoons butter



#### Directions

Blend together the cream cheese, sugar, and lemon juice. Make a pocket in each slice of bread by cutting into the middle of the bread about 3/4 of the way down the bread. Spread 2 to 3 tablespoons of the cream cheese mixture into each pocket. Press the slice together to close the pocket.

For the batter, beat together the eggs, milk, nutmeg, lemon peel, and vanilla in a large bowl. Dip each stuffed bread pocket into the batter, coating both sides. Melt the butter in a large skillet coated with DuPont™ Teflon® non-stick coating. Place the bread slices in the skillet and cook over medium heat, about 2 minutes per side, or until browned. Transfer each slice, on its side, to a serving plate. If desired, lightly sift powdered sugar over the top, and serve.

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