

COUNT YOUR STEPS

French Toast Bites (makes 6 servings)

- 1 loaf (about 1lb) sturdy artisan-style bread
- 6 eggs
- 1 cup low-fat milk (1% or 2%)
- 2 tsp vanilla
- 1 tsp ground cinnamon



Cut bread into 1-inch-thick slices. Trim crusts; cut bread into 1-inch cubes. In a bowl, beat eggs, milk, vanilla, and cinnamon. Add 2 cups bread cubes and mix to saturate. Lightly butter a 10- to 12-inch nonstick frying pan. Place pan over medium-high heat. Lift bread cubes from mixture, shaking off excess liquid. Add cubes to hot pan and cook (adjust heat if necessary), turning as needed, until golden brown, about 5 minutes. Keep warm. Repeat to soak and cook remaining cubes. Discard any remaining egg mixture.

Per serving: Calories 315 (Calories from fat 34); Fat 12g (Saturated Fat 4.8g); Cholesterol 224mg; Carbohydrate 37g; Sodium 520mg; Protein 14g; Fiber 2.1g. (Source: myrecipes.com)

