

FRENCH TOAST

SERVES 6

6 slices of firm-textured wheat, white or French bread;
day-old bread is fine

2 large eggs

1/2 cup milk

1 teaspoon vanilla

1/8 teaspoon salt (*optional*)

Vegetable oil cooking spray

Assorted toppings, such as jam or jelly, cinnamon sugar,
powdered sugar, maple or berry syrup, margarine or butter, applesauce,
sliced bananas, fresh or frozen berries, canned or fresh sliced fruit

Set up a station so each student can dip and cook his/her own bread.

In a cake pan or pie tin, whisk together eggs, milk, vanilla and salt until well blended. Dip bread slices in egg mixture, saturating both sides.

Warm skillet over medium heat and coat inside with vegetable oil cooking spray. Cook bread slices, turning once, until lightly browned on both sides, about 3 minutes total.

Have each student select various toppings for his/her french toast. Discuss their favorite flavor combinations.

Skills Developed

Measure

Mix

Beat

Brown
