

Stuffed French Toast

- 6-1 inch thick slices French Bread
- 1/4 cup nonfat or light cream cheese
- 1/2 teaspoon finely shredded orange peel
- 1 teaspoon orange juice
- Egg substitute to equal 3 eggs*
- 2 tablespoons skim milk
- Vegetable oil spray

Directions

1. Cut a pocket horizontally into each slice of French bread, being careful not to cut all the way through; set aside.
2. In a small bowl, stir together cream cheese, orange peel, and orange juice.
3. Spoon about 1 heaping teaspoon cream cheese mixture into each bread pocket. Spread evenly with a knife.
4. In a shallow bowl, beat together egg substitute and milk.
5. Place a slice of stuffed bread in the egg mixture. Let it soak about 30 seconds. Turn bread over and let it soak another 30 seconds. Repeat with remaining bread.
6. Spray a griddle or large skillet with vegetable oil. Place over medium heat.
7. Cook bread slices 3 to 4 minutes on each side, or until golden brown. *
8. Instead of using egg substitute, you can also use egg whites in place of whole eggs. Use 2 egg whites for each whole egg called for in a recipe.

Nutrition Information - 2 slices yields: 242 calories; 42 grams carbohydrates, 1 gram total fat; 2 milligrams cholesterol; and 646 milligrams of sodium.