

Pineapple Upside-Down French Toast

Adapted from Gourmet Magazine



Lusciously moist, flavorful and easy.

- 1/4 cup unsalted butter (1/2 stick)
- 1/4 cup brown sugar, firmly packed
- 3/4 cup crushed pineapple, pack & drain well
- 1 whole egg
- 1/4 cup egg substitute
- 1 1/2 cups 2% low-fat milk
- 1/4 teaspoon salt
- 6 slices egg bread, or Hawaiian bread

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

The original recipe didn't use any low-fat ingredients, so I adapted it some. You can cut down even more on the butter if you wish, and can use all egg substitute if you would prefer. The original called for challah or brioche bread, but since I couldn't find itve any of that I used Hawaiian bread. It's quite sweet and rich, so that's why the sugar has been reduced by half. If you're going to prepare this for breakfast and don't have much time, just get all the ingredients ready the night before, including mixing up the milk, eggs, etc. It doesn't take long to put it together.

1. Preheat oven to 400. In a saucepan melt butter over moderate heat and stir in sugar and pineapple, stirring until sugar is dissolved.
2. In a shallow bowl whisk together eggs, milk and salt.
3. In a baking dish, 9 x 13 inches, spread pineapple mixture evenly over bottom. Dip bread slices into milk mixture in batches and arrange in one layer on top of pineapple mixture. If you have spaces in the pan, just mush the bread a little to squeeze in some more slices. It's fairly easy to mix up a little more egg/milk mixture to make the dish feed more people.
4. Bake French Toast in middle of oven for 20-25 minutes, or until bread is golden brown. Cool in pan for one minute and serve.

Per Serving (excluding unknown items): 424 Calories; 20g Fat (41.7% calories from fat); 12g Protein; 50g Carbohydrate; trace Dietary Fiber; 122mg Cholesterol; 527mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 3 1/2 Fat; 1/2 Other Carbohydrates.