

Misc.

Peanut Butter and Jelly Stuffed French Toast

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 20 minutes

4 slices whole-wheat bread, crusts removed
4 tablespoons natural creamy peanut butter
4 teaspoons dark cherry, grape or strawberry jam
1 large egg
1 large egg white
2 tablespoons lowfat milk
2 teaspoons canola oil
confectioners' sugar (for dusting)

Spread one tablespoon peanut butter on each slice of bread. Spread one rounded teaspoon jelly down center of each piece. Fold bread in half, pressing the edges to seal.

In a shallow bowl, whisk together the egg, egg white and milk.

Heat the oil in a large nonstick skillet over medium heat. Dip each of the sandwiches in the egg mixture, turning to coat. Transfer to the skillet and cook until golden brown, about 2 minutes per side. Dust with confectioners' sugar before serving, if desired.

Per Serving (excluding unknown items): 112 Calories; 5g Fat (36.6% calories from fat); 5g Protein; 13g Carbohydrate; 2g Dietary Fiber; 53mg Cholesterol; 179mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Fat.