
Easy French Toast Casserole

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 9 hours

2/3 cup firmly packed dark brown sugar
2 tablespoons butter
2 tablespoons dark corn syrup
2 large eggs
1 large egg white
1 1/2 cups milk
1 teaspoon vanilla extract
1/4 teaspoon table salt
6 one-inch-thick French bread baguette slices
1/4 cup chopped toasted pecans
strawberry slices (for garnish)
powdered sugar (for garnish)

In a small heavy saucepan, combine the dark brown sugar, butter and corn syrup.

Cook over medium until bubbly and the sugar dissolves, stirring constantly. Pour the sugar mixture into an 11 x 7-inch baking dish coated with cooking spray, spreading evenly over the bottom of the dish.

In a shallow dish or pie plate, whisk together the eggs and egg white. Stir in the milk, vanilla and salt. Lightly press the bread slices, one at a time, into the egg mixture, coating both sides of the bread. Arrange over the sugar mixture. Pour any remaining egg mixture evenly over the bread slices.

Cover and chill for eight to twenty-four hours.

Preheat the oven to 350 degrees. Bake the casserole, uncovered, until lightly browned, about 30 minutes.

Sprinkle the casserole with pecans and strawberries. Dust with powdered sugar.

Breakfast

Per Serving (excluding unknown items): 120 Calories; 8g Fat (56.2% calories from fat); 5g Protein; 8g Carbohydrate; 0g Dietary Fiber; 89mg Cholesterol; 203mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.