



Fruity French Toast Casserole



Ingredients



Adapted from *FoodHero.org*

- 8 cups bread cubes; try whole-grain bread
- 2 cups sliced or chopped fruit, fresh, frozen, or canned and drained
- 4 eggs, slightly beaten
- 1 cup lowfat milk
- 2 teaspoons vanilla
- ¼ cup sugar
- ¼ cup margarine or butter, softened
- ¼ cup sugar
- ½ cup flour, all-purpose or whole-wheat



Directions



Yield: 8 servings **Serving size:** 1 cup

1. Lightly oil an 8x8 inch baking dish or 2-quart casserole. Add bread cubes and fruit.
2. In a medium bowl, blend eggs, milk, vanilla and sugar. Pour over bread and fruit. Stir gently to wet all bread with egg mixture. Wash hands after handling raw eggs.
3. Cover and refrigerate until all liquid is absorbed, about 30 minutes or overnight.
4. Just before baking, remove casserole from refrigerator. Preheat oven to 350 degrees F.
5. Make the topping: In a small bowl, combine the softened margarine, sugar, and flour with a fork until crumbly.
6. Uncover the casserole and sprinkle topping over fruit. Bake until completely set and starting to brown, about 35 to 40 minutes or until the internal temperature reaches 160 degrees F on a food thermometer. A longer baking time is needed when the dish is chilled overnight. Serve warm.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fruity French Toast Casserole



Ingredients



Adapted from *FoodHero.org*

- 8 cups bread cubes; try whole-grain bread
- 2 cups sliced or chopped fruit, fresh, frozen, or canned and drained
- 4 eggs, slightly beaten
- 1 cup lowfat milk
- 2 teaspoons vanilla
- ¼ cup sugar
- ¼ cup margarine or butter, softened
- ¼ cup sugar
- ½ cup flour, all-purpose or whole-wheat



Directions



Yield: 8 servings **Serving size:** 1 cup

1. Lightly oil an 8x8 inch baking dish or 2-quart casserole. Add bread cubes and fruit.
2. In a medium bowl, blend eggs, milk, vanilla and sugar. Pour over bread and fruit. Stir gently to wet all bread with egg mixture. Wash hands after handling raw eggs.
3. Cover and refrigerate until all liquid is absorbed, about 30 minutes or overnight.
4. Just before baking, remove casserole from refrigerator. Preheat oven to 350 degrees F.
5. Make the topping: In a small bowl, combine the softened margarine, sugar, and flour with a fork until crumbly.
6. Uncover the casserole and sprinkle topping over fruit. Bake until completely set and starting to brown, about 35 to 40 minutes or until the internal temperature reaches 160 degrees F on a food thermometer. A longer baking time is needed when the dish is chilled overnight. Serve warm.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



ChooseMyPlate.gov

Cooking Tips



- For the fruit, try peaches, pears, berries or diced apples.
- Lightly sprinkle with cinnamon or other spices such as nutmeg, ground cloves, allspice or cardamom at the end of step 2.
- Try topping with a spoonful of yogurt when serving.

Second Harvest is an equal opportunity provider.

Nutrition Facts

8 servings per container
Serving size 1 cup (168g)
Amount per Serving
Calories 290

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 270mg	12%
Total Carbohydrate 44g	16%
Dietary Fiber 1g	4%
Total Sugars 22g	
Includes 13g Added Sugars	26%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 173mg	4%
Vitamin A 130mcg	14%
Vitamin C 1mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Fast Facts



Featured Food Groups



ChooseMyPlate.gov

Cooking Tips



- For the fruit, try peaches, pears, berries or diced apples.
- Lightly sprinkle with cinnamon or other spices such as nutmeg, ground cloves, allspice or cardamom at the end of step 2.
- Try topping with a spoonful of yogurt when serving.

Second Harvest is an equal opportunity provider.

Nutrition Facts

8 servings per container
Serving size 1 cup (168g)
Amount per Serving
Calories 290

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 270mg	12%
Total Carbohydrate 44g	16%
Dietary Fiber 1g	4%
Total Sugars 22g	
Includes 13g Added Sugars	26%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 173mg	4%
Vitamin A 130mcg	14%
Vitamin C 1mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.