



Quick and Easy French Toast

Makes 4 servings



4 slices bread

1 egg

1 teaspoon pure vanilla extract

1/2 teaspoon ground cinnamon

1/4 cup milk

Beat egg, vanilla and cinnamon in a shallow dish; stir in milk. Dip bread in egg mixture, turning to coat both sides evenly. Cook bread slices on lightly greased nonstick griddle or skillet on medium heat until browned on both sides. Serve with maple syrup and/or fresh fruit.

Recipe Source: Michigan State University Extension



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Farmers Market Food Safety Tips

- Purchase eggs from a refrigerated case or cooler.
- Open the carton and make sure the eggs are clean and the shells are not cracked.
- Refrigerate promptly after purchase. You may want to bring a cooler with you to the farmers market.
- For the best quality, use eggs within 3 weeks of purchase.
- Wash hands, equipment and work surfaces after they come in contact with eggs and egg-containing food.
- Cook eggs until both the yolk and white are firm. Scrambled eggs should not be runny.

Nutritional Info Per Serving: Calories 99; Fat 3 g; Carbohydrates 14 g; Fiber 1 g; Protein 4 g; Sodium 158 mg

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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