

Breakfast

Coconut French Toast with Grilled Pineapple

Cooking Light Magazine

Servings: 5

Preparation Time: 19 minutes

Start to Finish Time: 22 minutes

1 cup light coconut milk

1/4 cup sugar

1/4 cup fat-free milk

3 large eggs

1 loaf (12 oz) French bread, cut into 15 slices

cooking spray

10 slices peeled pineapple, 1/4-inch thick

1/2 cup flaked sweetened coconut

Preheat oven to 200 degrees. Place a baking sheet in the oven.

Combine coconut milk, sugar, fat-free milk and eggs in a shallow dish, stirring with a whisk. Working in batches, dip bread in the milk mixture and let stand for 1 minute on each side.

Heat a large nonstick skillet over medium-high heat and coat the pan with cooking spray. Add 5 coated bread slices to the pan and cook for 2 minutes on each side or until browned. Place on a warm pan in the oven to keep warm. Repeat the procedure in batches with cooking spray, remaining slices and the milk mixture.

Heat a grill pan over medium-high heat. add the pineapple and grill for 2 minutes on each side or until well marked. Chop the pineapple. place three slices of French toast on each of five plates and divide the pineapple among servings.

Top with coconut.

Per Serving (excluding unknown items): 359 Calories; 8g Fat (20.3% calories from fat); 12g Protein; 59g Carbohydrate; 3g Dietary Fiber; 127mg Cholesterol; 607mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.