

Nov.

Friends and Family

Culinary Services Group
Your Dining Partner



French Toast Casserole

Ingredients

- 1/2 Loaf French Bread, cubed
- 1/2 Cup Butter
- 1 Cup Brown Sugar
- 6 Eggs
- 2 Cups Milk
- 2 tsp Vanilla Extract
- 2 tsp Cinnamon
- 1 Tbsp Brown Sugar, for top of casserole

Steps

- 1) Pre-heat oven to 425 degrees. Butter a 13"x9" baking pan and set aside.
- 2) Melt butter in a small sauce pan, over medium heat. Stir in brown sugar until melted.
- 3) Pour sauce pan mixture in the bottom of the baking pan and spread evenly.
- 4) Add bread cubes to pan and spread evenly.
- 5) Whisk eggs, milk, vanilla, 1 tsp of cinnamon together and pour over the cubed bread, saturating all pieces.
- 6) Sprinkle top with remaining cinnamon and brown sugar. Bake for 20-25 minutes, until top is golden brown.

Here's What We're Up to This Month:

Suggested Activity: Tailgate Party

Wellness Focus: November is American Diabetes Month. Did you know one in ten Americans have diabetes? You can reduce your risk of developing type 2 diabetes by getting a physical, adding healthy lifestyle changes to your day-to-day, tracking your wellness goals, and getting a buddy to join you on this journey.

Food for Thought:

A diabetes-friendly diet focuses on healthy eating at consistent times. Prioritize healthy carbohydrates, fiber-rich foods, fish, and beneficial fats. Include ingredients such as leafy greens, brown rice, quinoa, chicken, salmon, avocados, nuts, berries, chickpeas, greek yogurt, beans, olive oil, citrus, and bell peppers for enhanced health benefits.

Scan the QR Code! ▼

Try our recipe at home.



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