

## Challah French Toast

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4-8 servings

### Ingredients:

6 extra-large eggs  
1 ½ cups half-and-half or whole milk  
1 teaspoon grated orange zest  
½ teaspoon pure vanilla extract  
1 tablespoon honey  
½ teaspoon kosher salt  
1 large loaf challah bread  
1 tablespoon vegetable oil

### Method of Preparation:

1. Preheat the oven 250 degrees. In large, shallow bowl, whisk together eggs, half-and-half, orange zest, vanilla, honey, and salt. Slice challah in ¾-inch thick slices. Soak as many slices in egg mixture as possible for five minutes, turning once.
2. Heat oil in a large skillet over medium heat. Place slices of the soaked bread into pan and cook 2 -3 minutes per side, until nicely browned. Place cooked French toast on a sheet pan and keep it warm in the oven. Fry remaining soaked bread slices, adding oil as needed, until all slices have been cooked. Serve hot with maple syrup, fruit of choice, and/or confectioners' sugar.

*Chef's Note: Stale bread is recommended for the best tasting French toast!*

#### Nutritional Analysis:

Calories: 510  
Carbohydrates: 66 g  
Sodium: 880 mg  
Protein: 21 g  
Fat: 17 g  
Fiber: 0 g