

Cheesy Vegetable Stuffed French Toast



Recipe By *Draizy Werberger*



Cooking and Prep:  30
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Serves:  3

Contains:    

Preference: Dairy

Difficulty: Medium

Occasion: Nine Days

Diet: Vegetarian, Pescetarian

Source: Whisk by Ami

Magazine

Stuffed with cheese, onions, tomatoes, and spinach, in this recipe French toast becomes a nutritious meal.

For another variation, try this [french toast recipe](#) by Chaya Piatt.

Ingredients (9)

Main ingredients

- 6 slices sandwich bread
- 2 eggs
- 1/4 cup milk
- salt and pepper, to taste
- 6 slices cheese

- 1 large onion, sautéed
 - 1 tomato
 - spinach
 - oil, for frying
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Start Cooking

To Prepare the Sandwich

1. Heat oil in a frying pan over low heat.
2. In a shallow bowl, combine the eggs, milk, salt, and pepper.
3. Dip one side of the first slice of sandwich bread in the egg mixture and place in the frying pan, egg side down.
4. Put one slice of cheese on top of the bread in the pan, and then layer sautéed onions, spinach, and tomatoes. Cover the vegetables with another slice of cheese.
5. Dip one side of a second slice of bread into the egg mixture and place on the cheese in the pan, egg side up.
6. Cover the pan and cook over low heat until cheese is melted, but before the bread turns too brown. After five minutes, flip the sandwich onto the other side and let cook for an additional two to three minutes until the cheese is melted and the bread is browned.
7. Repeat with remaining bread, cheese, and vegetables.

Note:

For those of you who are weight-conscious, you can make this a little more diet-friendly by using only one slice of cheese per sandwich and by cooking them in a sandwich maker instead of in the oil. It's not exactly the same as the fried version, but still worth the effort!