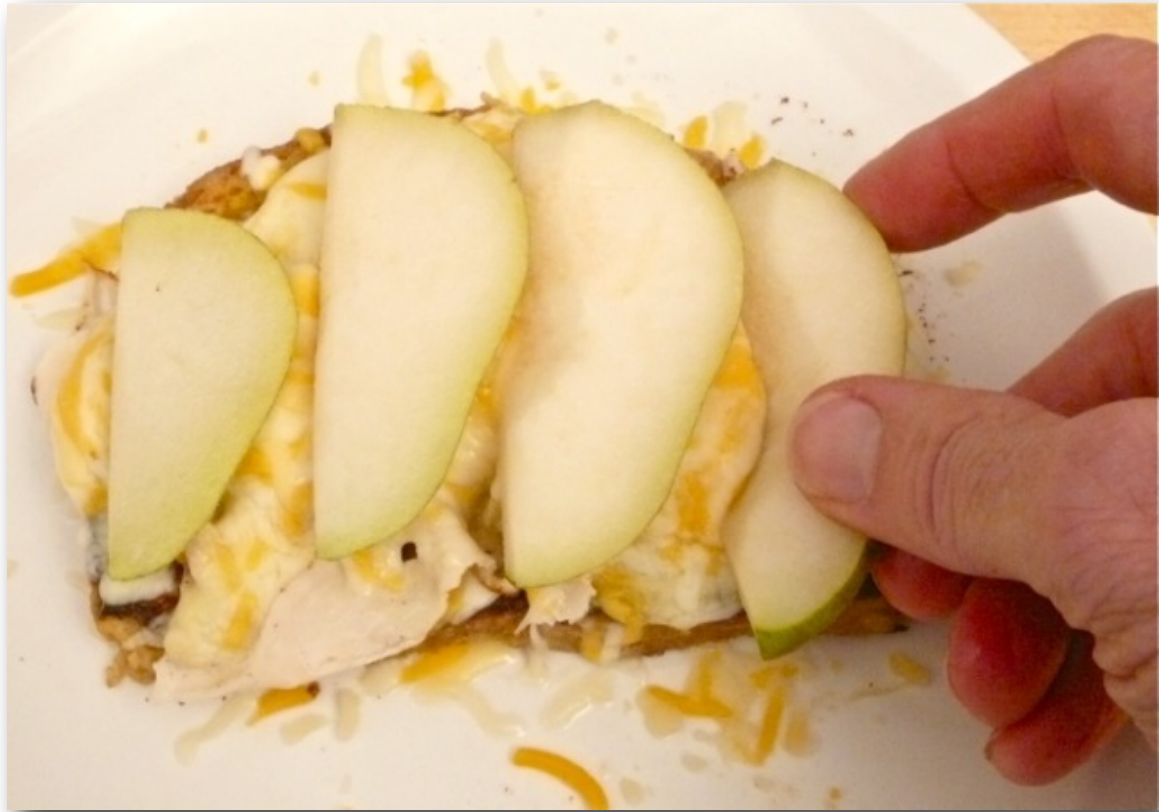


French Toast with a Savory Topping



TIP: You bet French toast can go savory - very quickly & easily. All you need is your favorite cold cuts, cheese and either a pear or apple - or any other favorite fruit. You can then top that with your choice or a combination of your favorite salad dressing, dried fruit, a shot of Parmesan cheese, and ground black pepper.

Preparation Time: 3-5 minutes

Cooking Time: about 1 minute in the microwave oven

Needed

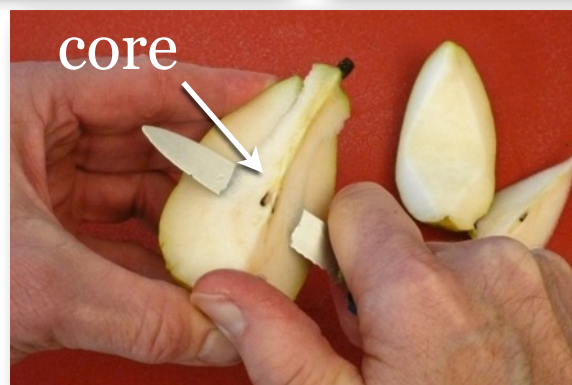
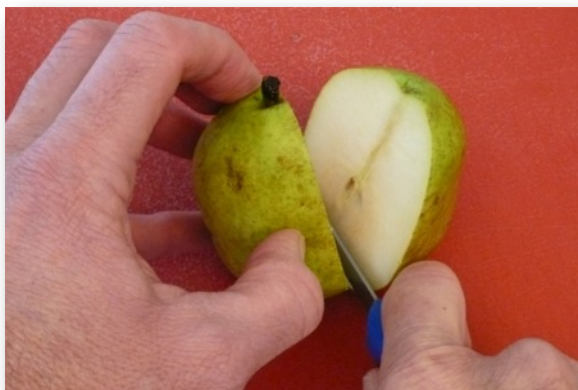
1 Piece of Cooked French Toast
Favorite Cold Cuts (of leftover meat)
Favorite Cheese
1/2 Apple or Pear
Salad Dressing
Grated Parmesan Cheese (optional)
Favorite Dried Fruit
Ground Black Pepper (optional)
Microwave Oven Safe Plate
Cutting Board
Short Bladed Sharp (Paring) **Knife**
Tablespoon



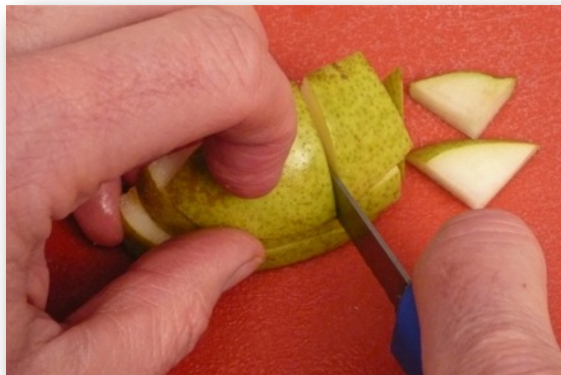
1. Rinse an **apple** or **ripe pear** in the sink.



Cut the **apple** or **pear** in half lengthwise, cut **one of the halves** in half again lengthwise and carefully remove the **core**.



Cut both **quarters** lengthwise into **3-4 slices**, and then cut **one of the sliced quarters** in cross section into **bite sized pieces**.



2. Put a **piece of French toast** on a *microwave oven safe plate* and top with **1-2 slices of cold cuts** (or a similar amount of **leftover meat**) and **an even layer of sliced or grated cheese**.



3. Put the plate in the middle of the microwave oven, and cook using your microwave oven's 100% power or **HIGH** heat for about 1 minute or until the **cheese** melts as shown in step 4. **NOTE:** I used a 1200 watt microwave oven to warm the **French toast** you see here. Cooking time will vary depending on your microwave oven wattage.



4. After warming the **French toast**, carefully remove the plate from the microwave oven. The **cheese** should be melted as shown here. If your **cheese** has not yet melted, keep warming the **French toast** in the microwave oven at 30-second intervals until the **cheese** does melt.



5. Top the **warmed French toast** with **apple or pear slices** and put the **chopped apple or pear pieces** you cut in step 1 on the side of the plate.



6. Finish by adding your choice or a combination of the following **ingredients: salad dressing, favorite dried fruit** (I'm using dried cranberries),...



...**grated Parmesan cheese** and/or **ground black pepper**, and...



...serve warm.



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