

Microwave Oven Cooked French Toast



TIP: The only downside to making French toast in the microwave oven is that you can't get the slightly crispy crust on the surface of the bread the way you can when it's cooked in the frying pan. But the positives way outnumber that one slight negative. For me, the coolest thing about making French toast in the microwave oven - aside from its terrific flavor - is using the same plate to soak, cook and eat the French toast from - which greatly cuts down on cleanup afterwards.

Preparation Time: 2-3 minutes
Cooking Time: about 2 minutes

Needed (per person)

Cooking Spray

1 Slice of Bread (I'm using whole grain bread for more flavor & nutrition)

1 Egg

Milk

Dash of Salt (optional, but helps make eggs fluffy)

Vanilla Extract

Ground Cinnamon

Sugar

Microwave Oven Safe Plate

Fork

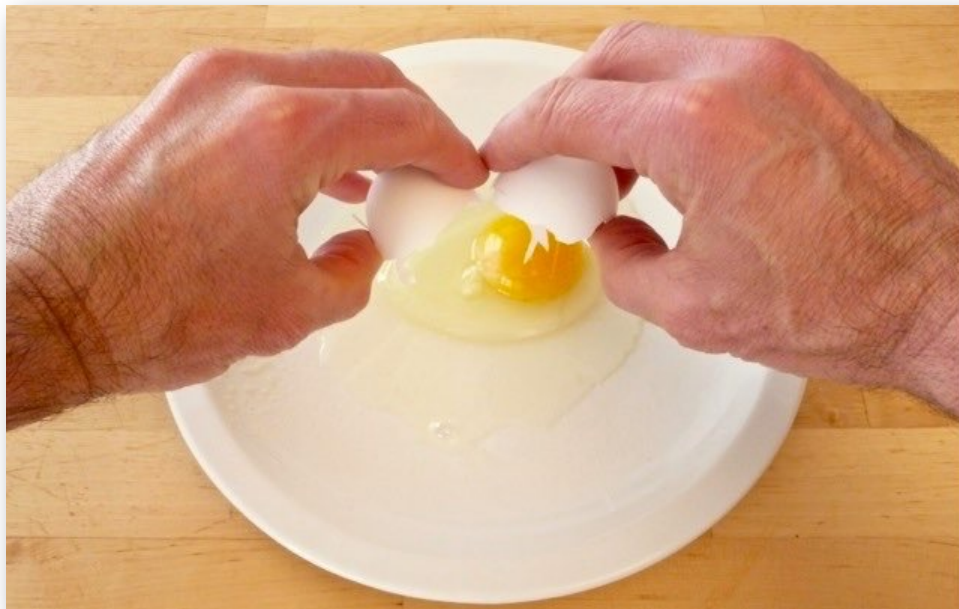
Teaspoon



1. Spray a *microwave oven safe plate* with a light, even coat of **cooking spray**.



2. Break **1 egg** onto the plate.



3. Add a **dash of salt** (optional, but helps make eggs fluffy)...



...**splash of milk** (about as shown),...



...and **a shot of vanilla extract**.



4. Stir the **ingredients** vigorously with a fork until they are well mixed together.



5. Lay a **slice of bread** flat in the **egg mixture**,...



...turn the **bread** over so that both sides get wet evenly, and...



...let the **bread** soak for at least 1-2 minutes.



6. Put the plate with the **egg-soaked bread** on it in the middle of the microwave oven, and cook using your microwave oven's 100% power or HIGH heat setting for about 2 minutes. **NOTE:** *I used a 1200-watt microwave oven and cooked the piece of bread shown here for 2 minutes. Cooking time will vary depending on your microwave oven watt power.*



7. After cooking, carefully remove the plate from the microwave oven using 2 hands to hold the plate by the edge, and check the **French toast** for **DONENESS** as shown in the pictures that follow.



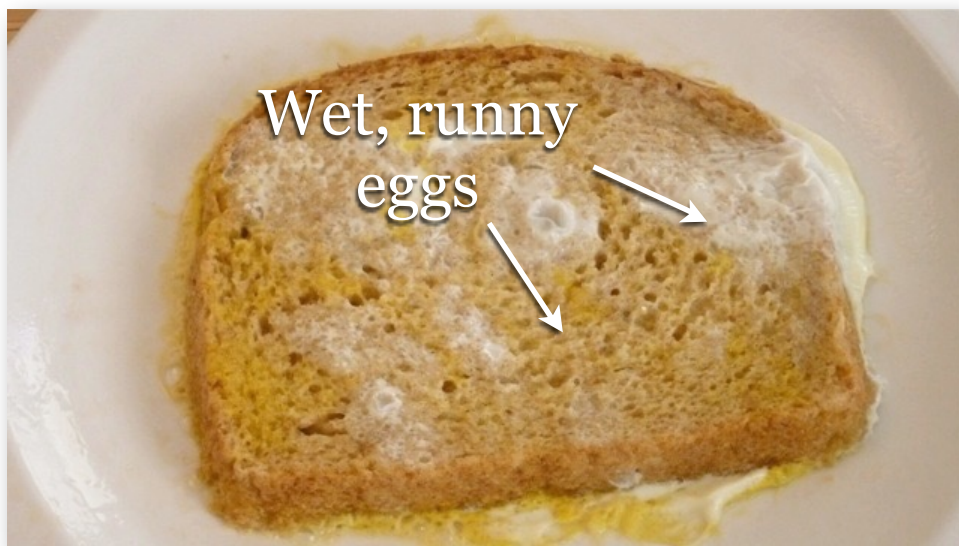
FRENCH TOAST DONENESS

French toast is safely cooked when the **eggs** are solid throughout with no runny liquid as shown here. If, however,...



Safely Cooked French Toast

...the **eggs** in your **French toast** are undercooked like this - still runny and wet,...



UNSAFE, UNDERCOOKED French Toast

...keep cooking in the microwave oven and checking for doneness at 30-second intervals until

the **eggs** look as shown in the “**Safely Cooked French Toast**” photo above.

8. Top the **freshly cooked French toast** with a **shake of ground cinnamon**,...



...**a dusting of sugar** (optional) and serve warm.



