

# Savory Spinach & Feta French Toast

By [Thu Huynh](#)

**Prep Time:** 10 mins **Cook Time:** 20 mins **Servings:** 6



## Ingredient List

- 4 large eggs
- 1 cup low-fat milk
- ¼ tsp paprika
- ½ tsp ground cumin
- 1 multigrain baguette
- 1 (5 oz) pkg fresh spinach
- 3 tbsp olive oil
- 4 oz crumbled feta
- 1 tbsp sesame seeds

Put this savory twist on a breakfast classic - French Toast! A fiber-filled and tasty way to start the day.

## Instructions

1. In a pie dish or other wide, shallow pan, lightly beat the eggs with the milk, paprika, and cumin. Cut the baguette diagonally into 1-inch-thick slices.

2. In a large skillet, heat 1 tbsp olive oil and add the spinach in batches, stirring until wilted. Drain and set aside.
3. Dip the baguette slices in the egg and milk mixture. Heat 1 tbsp olive oil in a large skillet and cook the slices for about 8 min. or until golden-brown, flipping halfway through. Repeat with remaining slices and oil. Top the French bread with the wilted spinach, feta, and sesame seeds, and serve.

## **Credit:**

Giant Food

OMNIVOROUS OR FLEXITARIAN VEGETARIAN 30 MINUTES OR LESS

