

# COOK ONCE, EAT TWICE.

TRY THESE RECIPES TO HELP YOU  
WASTE LESS AND EAT WHAT YOU BUY.



TOO GOOD  
TO WASTE



King County

Department of  
Natural Resources and Parks  
Solid Waste Division

## Thick-cut French Toast with Maple-Ginger Pink Grapefruit

*Is your bread almost stale? Make this delicious recipe for brunch or have breakfast for dinner one night.*

### Ingredients

**1** pink or Red Rio grapefruit

**3 Tbs** butter, divided

**2 Tbs** slivered almonds

**1 Tbs** minced crystallized ginger

(or substitute 1 tsp freshly grated ginger)

**1/4 C** maple syrup, divided

**3** eggs

**2 Tbs** milk

**8** (3/4-inch-thick) slices Challah or country-style bread

### Preparation

- Remove zest from grapefruit. Cut a small slice off each end of grapefruit and stand it upright on a cutting surface.
- With a knife, remove the peel in strips, maintaining the curved shape. Holding the grapefruit in one hand, cut out the segments of fruit between the membranes.
- Hold your hand over a bowl to catch any juices and squeeze out remaining juices when you are done; reserve.
- In a small sauté pan, melt 1 tablespoon butter over medium heat. Add almonds, ginger, 3 tablespoons maple syrup and reserved juice. Bring to a simmer and cook until the consistency of light syrup, 1 to 2 minutes.
- Remove from heat and allow to cool slightly. Toss in grapefruit sections. Stir very gently to coat the sections; set aside.
- Beat eggs with milk, remaining 1 tablespoon syrup and add 1 teaspoon grapefruit zest.
- Heat a large sauté pan over medium heat and melt remaining 2 tablespoons butter. Dip 3 or 4 slices of bread into the egg batter and cook until golden brown on both sides.
- Remove to a heated platter or keep warm in a low oven. Dip remaining slices in egg batter and cook as above.
- To serve, place 2 toasts a plate and top with grapefruit mixture.

*Recipe courtesy of PCC Natural Markets*