

Parmesan-Crusted Multigrain French Toast Sticks

The following recipe and photography is courtesy of Bread Over Heels, a food scientist and blogger. For more of her recipes and baking tips, visit her website or her Instagram [@breadoverheels](#).

Ingredients:

- 1 loaf day-old multigrain bread, such as Heinen's Harvest Grain Bread
- 4 eggs
- 1 egg yolk
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon fresh thyme
- 1/2 teaspoon chopped fresh oregano
- 1/2 cup whole milk
- 1/3 cup grated parmesan cheese
- 2 tablespoons olive oil
- 2 tablespoons butter
- Marinara sauce, to serve



Instructions:

1. Preheat oven to 275F. Cut multigrain bread into 1 1/2 inch thick slices. Remove crusts. Cut slices in half to form long sticks. Place on a baking sheet. Bake for 25 minutes to dry out. Remove from oven and let stand on counter for at least 30 minutes to cool and continue drying.
 2. In a medium bowl, combine eggs and egg yolk. Whisk thoroughly. Add salt, black pepper, thyme, oregano, whole milk, and parmesan cheese. Whisk to combine. Transfer to a shallow baking dish.
 3. Dip bread into egg mixture. Turn to make sure bread is evenly coated. Let sit for about 30 seconds on each side for egg mixture to absorb.
 4. Add olive oil and butter to a large skillet over medium heat. Add bread to pan and cook about 1 minute on each side or until browned. Work in batches to avoid overcrowding pan.
 5. While French toast is cooking, warm marinara sauce in a small saucepan over low heat. Serve French toast sticks warm with marinara sauce for dipping.
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