

Oven-Baked Onion Rings

Serves 8

Prep/cooking time:

Approximately 50 minutes

Ingredients:

2 large sweet onions

2 egg whites lightly beaten

1 cup whole-wheat flour

½ tsp. salt

½ tsp. oregano

½ tsp. onion powder

Non-stick cooking spray



Tasty Snack

Directions:

Preheat oven to 400 degrees. Line baking sheet with parchment paper; set aside. Cut ends off onion and remove outer layer. Cut onions into 1 inch rings and steam over boiling water for 3 minutes. Immediately rinse with cold water and drain. In a large bowl, combine onion rings and egg whites, evenly coating. Combine dry ingredients in small bowl. One at a time, place onion ring into dry mixture, covering all sides.

Put coated ring on the prepared baking sheet in a single layer. Spray with non-stick cooking spray and bake for 12 minutes, or until golden brown. Using tongs, flip rings to other side, spray with non-stick cooking spray and cook for another 7-10 minutes or until golden brown on both sides.