

Harvest of the Month: **Onions**

# Crispy Panko-topped Onions\*

Servings: 8 | Prep/cook time: 1 hour 20 minutes

## Ingredients:

- 4 sprays cooking spray, divided
- 4 medium onions, peeled and cut in half
- $\frac{3}{4}$  tsp. salt, divided
- $\frac{3}{4}$  tsp. black pepper, divided
- $\frac{3}{4}$  cups Panko breadcrumbs
- 2 tbsp. unsalted butter, melted
- 2 tsp. fresh thyme, chopped

## Directions:

1. Preheat oven to 400. Line a 9- X 13-inch baking pan with aluminum foil and coat with cooking spray (or just coat a nonstick baking pan with cooking spray).
2. Coat cut-sides of onions with cooking spray; sprinkle with  $\frac{1}{4}$  teaspoon each salt and pepper. Place onions, cut-side down, on prepared baking pan. Coat with more cooking spray and sprinkle with  $\frac{1}{4}$  teaspoon each salt and pepper. Bake until onions are light golden and slightly softened, about 40 minutes.
3. Meanwhile, in a small bowl, combine panko, butter, thyme, and remaining  $\frac{1}{4}$  teaspoon each salt and pepper.
4. Remove onions from oven and turn over; sprinkle evenly with crumbs. Bake until onions are tender and crumbs are golden, about 25 to 30 minutes. Yields half an onion and about  $1\frac{1}{2}$  tablespoons crumbs per serving.

*\*This recipe comes from WW. 2 PersonalPoints™ per serving*