

Lord of the Onion Rings – 2 WW pts per serving

1 large onion

½ cup Fiber One bran cereal (original flavor)

Salt and spices to taste, optional

¼ cup fat free liquid egg substitute

1. Preheat oven to 375° F.
2. Peel onion, remove ends and cut into ½" slices; separate into rings.
3. In a food processor, grind cereal into crumbs; add salt & spices, if desired.
4. One by one, coat each ring first in egg-substitute and then in the crumbs.
5. Evenly place rings on nonstick baking dish. Bake 20-25 minutes, flipping rings halfway through.

Servings: 1

Calories: 153

Protein: 9 g.

Fat: 1 g. (0 g. saturated)

(Trans fat: 0 g.)

Chol.: 0 mg.

Carbs: 41 g.

Sodium: 379 mg

Fiber: 16 g.

Sugar: 7 g.

Kitchen Time: 10 minutes; total time: 35 minutes.