

Crunchy Onion Rings



Hands-On Prep 15 MIN

Cook 15 MIN

Serves 4

1 Place an oven rack on the top rung of the oven. Preheat the oven to 400°F. Spray a nonstick baking sheet with nonstick spray.

2 On a sheet of wax paper, combine the flour, salt, and pepper. Place the bread crumbs on another sheet of wax paper. Place the egg substitute in a shallow dish.

3 Coat each double onion ring on both sides with the flour mixture, shaking off the excess. Dip the ring into the egg substitute and then coat it lightly with the bread crumbs. Arrange the rings on the baking sheet (reserving for another use any broken or small inner rings) and lightly spray the tops with nonstick spray. Discard the excess flour mixture, egg, and bread crumbs.

4 Bake on the top rack until browned, about 10 minutes. Turn the rings carefully and bake until browned, about 5 minutes. Serve at once.

PER SERVING (1 cup): 95 Cal, 1 g Fat, 0 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 245 mg Sod, 19 g Carb, 3 g Fib, 4 g Prot, 47 mg Calc.

POINTS value: 1.

2 tablespoons all-purpose flour

¼ teaspoon salt

Freshly ground pepper, to taste

⅓ cup plain dried bread crumbs

¼ cup fat-free egg substitute

2 (½-pound) sweet onions, peeled, cut crosswise into ¼-inch slices, and separated into double rings

Good Idea Chop and freeze any unused parts of the onions in a zip-close freezer bag up to 3 months to have on hand when you need chopped onions in a recipe (don't bother thawing them first).