



Lord of the Onion Rings

Entire recipe (about 30 rings): 155 calories, 1g fat, 515mg sodium, 41g carbs, 16g fiber, 7g sugars, 9g protein -- *PointsPlus*® value 4*



Ingredients:

1 large onion

1/2 cup Fiber One Original bran cereal

1/4 tsp. garlic powder, or more to taste

1/8 tsp. onion powder, or more to taste

1/8 tsp. salt, or more to taste

Dash black pepper, or more to taste

1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)

Directions:

Preheat oven to 375 degrees. Spray 2 baking sheets with nonstick spray.

Slice off onion's ends and remove outer layer. Cut into 1/2-inch-wide slices, and separate into rings.

In a blender or food processor, grind cereal into crumbs. Transfer to a wide bowl and mix in seasonings.

Place egg substitute in another wide bowl. One at a time, dunk rings in the egg substitute, shake to remove excess, and coat with crumbs. Evenly lay rings on the baking sheets.

Bake for 10 minutes. Flip rings. Continue to bake until outside is crispy and inside is soft, 10 – 15 minutes. Yum!

MAKES 1 SERVING

HG FYI: Most large onions yield about 30 whole rings. If you have more (or fewer) rings, just continue coating until you run out of rings, egg substitute, or crumbs.