

Fried Onion Rings

Prep: 15 min ... Bake: 15 min

Serves 4

Per Serving (1c): 108 cal, 2g fat, 3g fiber, 4g Prot

Value:2

2 Tbsp. all-purpose flour

1 /4 tsp salt

1/3 c. seasoned dried bread crumbs

1/4 c. fat-free egg substitute

2 large onions (8 oz.), sliced 1/4 inch thick separated into double rings

1. Preheat the oven to 400 degrees. Spray a nonstick baking sheet of wax paper. Mix the flour and salt on a sheet of wax paper. Put the egg substitute in a shallow dish.

2. Coat each double onion ring on both sides with the flour mixture, shaking off the excess; dip into the egg substitute, then into the crumbs. Transfer to the baking sheet; spray with nonstick spray.

3. Bake until browned on the bottom, 10 minutes. Turn and bake until browned, about 5 minutes.