



BAKED ONION RINGS

Intermediate Lifestyle

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
Cooking spray

INSTRUCTIONS

- Preheat oven to 375°. 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.

*You can use a blender or food processor, or put the serving in a sealed plastic bag and crush with the smooth side of a meat mallet.

—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 to 15 minutes.

SERVING INFO: Yields 1 serving = 2 V, 1/2 G