

Baked Onion Rings

Fast, Easy and Healthy!

Ingredients:

- 1 yellow onion sliced
- 2 eggs
- 4 tablespoons milk
- 2 cups panko bread crumbs
- 1/3 cup white flour
- salt and pepper
- cooking spray
- Optional - cayenne pepper

Directions:

- Preheat oven to 450 degrees F.
- Separate onion slices into individual rings.
- Whisk eggs with milk in a bowl until thoroughly combined; season egg mixture with cayenne pepper to taste if desired.
- Place panko crumbs into a separate bowl.
- Place onion rings into a large zip lock plastic bag. Add flour, salt, and black pepper to taste; seal bag and shake until rings are well coated with flour.
- Drop flour-coated onion rings into egg white-milk mixture, a few at a time, and toss lightly with tongs until coated. Place rings into panko crumbs and gently shake the bowl to toss the crumbs with the onion rings until rings are coated with crumbs.
- Transfer coated onion rings to a large baking sheet; spray rings thoroughly with cooking spray.
- Bake in the preheated oven until onion rings are golden brown, 20 to 25 minutes.

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