

## Oven Baked Onion Rings

*Do you love onion rings, but not all the deep fried fat they contain. This recipe is a lighter way to enjoy onion rings because they are baked in the oven. Like the recipe for oven baked fries, I also like to use a pizza pan that holes in the bottom to make the rings a little crispier.*

- 1/3 cup flour
- 1/2 tsp. salt
- 1/8 tsp cayenne pepper
- 1 large onion, sliced into rings (ideally you want to keep at least 2 ring together inside each other)
- 3 egg whites, lightly beaten
- 3/4 cup dried bread crumbs

Preheat the oven to 400°F. Combine flour, salt and pepper in a shallow dish. Coat the rings with the flour mixture, then dip into the egg whites. Coat the rings in the flour mixture again and place on a cooking sheet coated with non stick cooking spray. Bake for 10 minutes and then turn rings over. Bake for another 5 to 10 minutes until golden brown.

<b>Nutrition Facts</b>	
Serving Size 1/6 recipe	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 108	Calories from Fat 9
% Daily Values*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 5g	<b>10%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

*Fall is a great time for family outings. Talk to your family about places they would like to go. There are many great places to visit that are excellent day trips.*

