

Baked Onion Rings

1 one-pound sweet white onion (Vidalia or other)
½ cup skim milk
1 cup panko (Japanese-style bread crumbs)
½ teaspoon black pepper
3 dashes salt
Nonstick cooking spray



1. Heat oven to 350°F.
2. Slice onion into half-inch-thick rings.
3. Separate rings.
4. Use the larger rings for this recipe and reserve the smaller ones for another use.
5. Pour milk into a small bowl. In a quart-size ziplock plastic bag, combine bread crumbs, pepper, and salt.
6. Dip each ring into the milk, then toss lightly in bread crumbs.
7. Place rings in a single layer on a baking sheet.
8. Bake 30 minutes, then turn over with tongs and bake 5 – 10 minutes longer until lightly browned.

Preparation time: 10 minutes

Cooking time: 40 minutes

Yield: 4 servings

Serving size: 6 rings

Per serving:

Calories:	156
Carbohydrate:	27 g
Protein:	2 g
Fat:	0 g
Saturated fat:	0 g
Cholesterol:	0 mg
Sodium:	97 mg
Fiber:	3 g