Crispy Buttermilk Baked Onion Rings

in a new light

Makes: 6 servings
Prep Time: 20 minutes
Cook Time: 25 minutes
Difficulty: Easy

Ingredients:

- 2 large Vidalia onions, cut crosswise into 1/2-inch thick rounds
- 1/4 cup white whole wheat flour
- 1/2 cup low-fat buttermilk
- 1 egg white
- 1 teaspoon hot sauce
- 3/4 cup cornflake crumbs
- 1/2 teaspoon salt

Directions:

Preheat oven to 450°F. Spray two large baking sheets with cooking spray.

Separate onion rounds into 36 rings. Reserve any broken or smaller rings for another use. Place flour in a large food storage bag. Whisk together buttermilk, egg white, and hot sauce in pie plate or shallow bowl. Combine cornflake crumbs and salt on a sheet of wax paper.

Add onion rings, a few at a time, to the flour; seal the bag and shake until evenly coated. Dip the rings, one at a time, into the buttermilk mixture, then into the cornflake mixture. Transfer the rings to the baking sheets. Lightly spray with cooking spray and bake, without turning, until crisp and golden, 20–25 minutes.

Nutritional Information: Per serving (6 onion rings): 120 calories, 0 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 330 mg sodium, 25 g carbohydrate, 3 g fiber, 4 g protein.