

Crispy Onion Rings

♪ Hark The Herald Angels Sing... Glory to Low Point Onion Rings ♪

Yup, I went there. Though not speciiiiiiifically mentioned in the Good Book... real, crispy, gloriously low point, baked onion rings are something worthy of a choir of Angels. This recipe has gone through a few variations and will no doubt continue to be tweaked. Please tag me in Connect with thoughts for tweaking it. I decided on crushed rice krispies because they are lower in points than crushed bran flakes and have an identical texture to regular breadcrumbs. People with Gluten allergies can use gluten free rice or chex mix cereals.

Servings Info.:

Yield: 1 sheet pan o' rings

Servings: 4

Serving Size: 1/4 tray



Range

1-2

- last checked 01/07/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 2 lbs large onions sliced into 1/2" thick rings

Breeding:

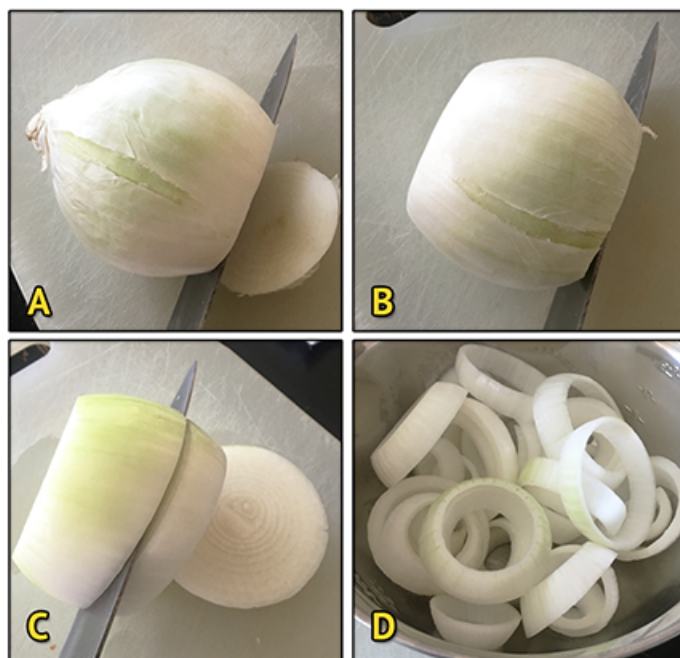
- 1-1/3 cup rice krispies, measured, then lightly crushed
- 1-1/2 tsp all purpose flour
- 1-1/2 tsp cornmeal (optional, but adds crunch)
- 2 tsp panko breadcrumbs
- 1-1/2 tsp regular plain breadcrumbs
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/2 tsp dried italian seasoning
- 1/4 tsp black pepper
- 1/2 tsp salt

Egg Wash:

- 2 large eggs or 2 egg whites, depending on your plan.
- 1 Tbsp water
- 1-1/2 tsp cornstarch, dissolved into the water
- 1 Tbsp dijon mustard
- 1-1/2 tsp self rising flour, stirred into the dijon mustard

Directions:

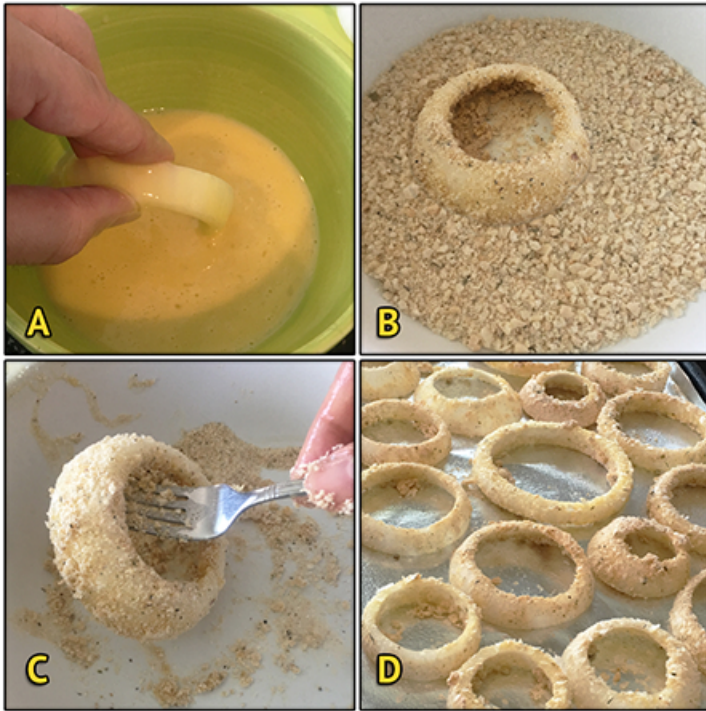
1. Preheat oven to 425 degrees. Line a large 11"x22" baking sheet with tin foil, spray with cooking oil, set aside.



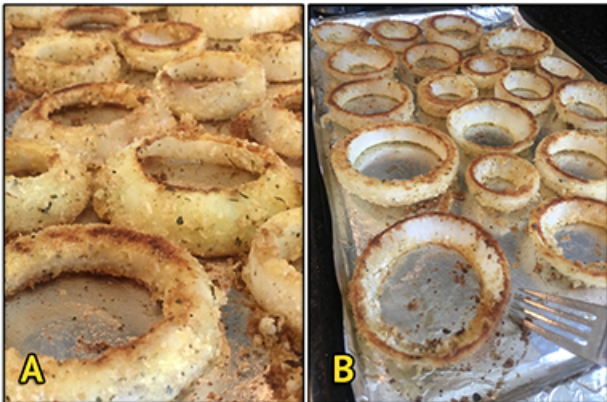
2. Slice the ends off of each side of the onions, then peel off the first layer. Slice each onion into roughly 1/2" thick cross sections. Use your fingers to push the rings apart, separating them into a large bowl. Cover with a damp paper towel, it'll catch all of the fumes that normally make you look like you just watched the end of "Steel Magnolias" or "Old Yeller."



3. For the egg wash, mix the flour, cornstarch mustard and water until smooth. Then whisk the eggs in a medium bowl and add the mustard/flour mix. Whisk till smooth. Mix together the breading ingredients in a separate bowl.



4. (A) Dredge the onion rings, one at a time, into the thickened egg wash. (B) Place the ring into the bowl with the breading and gently shake the bowl around, to lightly coat the rings, one at a time. (C) Remove the rings with a fork, to minimize contact with your fingers. It's much less messy this way. (D) Place the rings onto the large baking sheet pan. I was able to get 20 good sized onion rings to squeeze onto my pan. Coat your onion rings with a healthy dose of cooking spray. Seriously... pretend that you're a cast member on Jersey Shore, applying spray-on bronzer.



5. (A) Bake the saturated onion rings at 425 degrees for 15 minutes, then remove from oven and (B) flip the rings with a fork. Return to the oven and bake for an additional 5-10 minutes at 425, depending on how crispy you want them. I was happy with mine at 5.
6. Remove from the oven, and flip them back over. Trust me, the original side will look prettier. It spent less time cooking against the tin foil, so it will have more of a golden brown coloring than the side that was originally on the bottom.



NOTES:

- A) The amount of onion rings per serving will vary, depending on how many rings YOU make from your onions and are able to cram onto your baking pan. When I made it, I got 20 good sized rings crammed onto my pan, therefore, I counted it as 2 separate 10 ring portions... but that's because I went into full-on Onion Ring Gorge mode. For an appetizer, I'd suggest this recipe is good for 4 people.
- B) As stated before, I chose to use crispy rice cereal, rather than bran flakes, which others suggested, because an equal amount of flakes is more points than rice cereal. You may definitely swap out some of the crushed rice cereal with some crushed flakes if you wish, which would add a bit of "Panko breadcrumbs" texture, but make sure to adjust your points accordingly.
- C) If you'd like your onion rings to have a deep, uniform, golden brown color... toast the crushed rice krispies and bread crumbs in a hot pan, for 3-4 minutes, or till golden. Once the toasted/browned crumbs cool off, use those for your breading. The color difference is night and day.
- D) If your personal plan gives points to whole eggs, you will need to switch to egg whites, or adjust the points for your recipe. You do you, Boo.