Clean & Hungry Onion Rings

1/2 of recipe (about 12 rings): 169 calories, 0.5g total fat (0g sat. fat), 368mg sodium, 34g carbs, 4.5g fiber, 7g sugars, 7.5g protein

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Prep: 15 minutes **Cook:** 15 minutes

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Ingredients

1 large (about 14 oz.) onion
1/4 cup egg whites (about 2 large eggs' worth)
2/3 cup whole-wheat panko breadcrumbs
1 tsp. garlic powder
1 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper
2 tbsp. whole-wheat flour

Directions

Preheat oven to 450 degrees. Spray 2 large baking sheets with nonstick spray.

Slice off onion ends and remove outer layer. Cut into 1/2-inch-wide slices, and separate into rings.

Place egg whites in a wide bowl. Whisk well.

In a medium-large bowl, combine breadcrumbs and seasonings.

Add onion rings to a large sealable plastic bag. Sprinkle with flour. Seal bag and shake to mix.

Coat rings with the egg whites by dipping them into the bowl, two at a time. Shake rings to remove excess egg. Lightly coat with breadcrumb mixture. Evenly place on the baking sheets, and top with any remaining breadcrumbs.

Bake for 6 minutes, with one baking sheet on the top rack and one on the bottom.

Carefully remove baking sheets, and return them to the oven on the opposite racks.

Bake until golden brown, about 6 more minutes.

MAKES 2 SERVINGS

HG Tip: If enjoying these the day after they're made, heat them in a toaster oven for crispiest results!

Air Fryer alternative! Set air fryer to 392 degrees. Cook in two batches until golden brown, 12 - 15 minutes each, shaking the basket halfway through.

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