



Lord of the Onion Rings

PER SERVING (entire recipe): 155 calories, 1g fat, 515mg sodium, 41g carbs, 16g fiber, 7g sugars, 9g protein -- **PointsPlus™** value 4*

Prep: 20 minutes

Cook: 25 minutes

Ingredients:

1 large onion
1/2 cup Fiber One Original bran cereal
1/4 tsp. garlic powder, or more to taste
1/8 tsp. onion powder, or more to taste
1/8 tsp. salt, or more to taste
Black pepper, to taste
1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
Optional dip: Vivi's Original Sauce Classic Carnival Mustard

Directions:

Preheat oven to 375 degrees.

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

Using a blender or food processor, grind cereal to a breadcrumb-like consistency. Season crumbs with the spices and transfer to a plate or bowl. Set aside.

Fill a small bowl with egg substitute. Prepare a baking sheet (or two) by spraying with nonstick spray. Set aside.

Pop-Up Tip! For the following step, use tongs or a fork to dip the rings into the egg substitute and cereal crumbs -- it'll keep your fingers from getting eggy & crumb-covered. (Don't pierce the rings with the fork; just balance them on it.)

One at a time, dunk each ring in egg substitute, give it a shake to remove any excess, and then coat it in the seasoned crumbs. Evenly place rings on the baking sheet(s).

Bake in the oven until outsides are crispy and insides are soft, 20 - 25 minutes, carefully flipping rings over about halfway through. Serve with mustard, if using. Enjoy!

MAKES 1 SERVING

HG FYI: You'll only need about 1/4 cup egg substitute to coat your rings, but using 1/2 cup makes it soooo much easier.



Check out Hungry-Girl.com for TONS more **guilt-free recipes, food finds, and tips 'n tricks!** And don't forget to **sign up for FREE daily emails!**

*The PointsPlus™ values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the PointsPlus™ registered trademark.