



## Cheesy Ranch Onion Rings



1/2 of recipe: 256 calories, 13.5g total fat (9g sat. fat), 748mg sodium, 10g carbs, 1g fiber, 3.5g sugars, 19.5g protein

[Click for WW Points® value\\*](#)

**Prep:** 10 minutes    **Cook:** 20 minutes

**Cool:** 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#), [Gluten-Free](#)

### Ingredients

- 1 cup shredded Parmesan cheese
- 1 large sweet onion, cut into 1/4-inch-thick rounds
- 1 tsp. [ranch dressing/dip seasoning mix](#)

### Directions

Preheat oven to 400°F. Line a baking sheet with parchment paper, and spray with nonstick spray.

Spread Parm into an even layer on the baking sheet. Arrange onion rounds in a single layer over the cheese.

Spray with nonstick spray. Top with seasoning.

Bake until golden brown and crispy, 14–16 minutes. Let cool for 10 minutes before slicing into individual pieces.

MAKES 2 SERVINGS

**HG Alternatives:** Before baking, top the cheese with chopped bacon, pickle chips, pepperoni, sliced jalapeños, or olives. So many possibilities!

**HG Tip:** If the onion rings don't easily slide off the parchment paper after cooling, flip the paper upside down and peel it off the cheesy onions.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® 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 WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.