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www.weightnomoredietcenter.com

Oakhurst, NJ
732.663.0222

Marlboro, NJ
732.536.2027

Brooklyn, NY
718.998.8898

Cedarhurst, NY
516.569.6400

BAKED ONION RINGS

Intermediate Lifestyle

Ingredients

- 1 large onion
- 1/2 cup original Egg Beaters
- 1/2 cup packaged bread crumbs, crushed OR 1/2 cup Fiber One, crushed*

Instructions

1. Preheat the oven to 375°.
2. Cut edges off onion and remove outer layer. Cut onion into 1/2-inch wide slices, and separate into rings.
3. Fill a small bowl (just large enough for onion rings to fit in) with Egg Beaters. Pour the bread crumbs or crushed fiber One onto a small dish.
4. One by one, coat each ring in egg and then in bread crumbs, giving each ring a “shake” after the egg bath. Place on an oven-safe baking dish sprayed with cooking spray.
5. Cook for 20-25 minutes, flipping rings over about halfway through.

Portion-Per-Serving Information: (Yields 1 serving)

Serving = 1 onion (approximately 12-15 rings) = 1 V, 1/2 G

*You can use a blender, or food processor, or put the serving in a sealed plastic bag and crush with the smooth side of a meat mallet.