

>> EATING SMART



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Crispy Onion Rings

These super-crispy, baked onion rings are a dead ringer (pun intended) for the deep-fried variety. A touch of cayenne adds nice heat.

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PointsPlus®

PER SERVING | PREP: 10 MIN | COOK: 12 MIN | SERVES 4

3 sprays cooking spray
1 cup cornflake crumbs

▲ 1 large egg white
1/3 cup low-fat milk

1/4 cup all-purpose flour

3/4 tsp onion powder

1/2 tsp table salt, or to taste

1/8 tsp cayenne pepper, or to taste

▲ 1 large uncooked **yellow onion**, sliced into 1/4-inch-thick rounds and separated into rings

Preheat oven to 450°F. Coat a large, rimmed baking sheet with cooking spray.

Spread cornflake crumbs on a large plate. In a shallow bowl or pie plate, whisk together egg white, milk, flour, onion powder, salt, and cayenne pepper until blended.

In batches, dip onion rings in egg mixture (letting excess drip off) and then dredge in cornflake crumbs, turning to coat both sides; place in a single layer on prepared pan.

Coat onion rings with cooking spray and bake, turning once, until onion rings are golden brown, about 12 minutes; sprinkle with additional salt and pepper before serving, if desired. Yields about 8 onion rings per serving.

NOTE: If you don't have a baking pan large enough to hold the onion rings in a single layer, simply use 2 pans and switch their positions in the oven after you turn the onion rings.