



Crispy Onion Rings with Sriracha Dipping Sauce



1/2 of recipe: 199 calories, 6.5g total fat (0.5g sat. fat), 656mg sodium, 33g carbs, 7g fiber, 8g sugars, 6g protein

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Prep: 20 minutes **Cook:** 25 minutes



Ingredients

1 large onion (about 10 oz.)
1/3 cup Fiber One Original bran cereal (or another high-fiber bran cereal)
1/4 cup panko breadcrumbs
1/4 tsp. onion powder, or more to taste
1/8 tsp. garlic powder, or more to taste
1/8 tsp. salt, or more to taste
Dash black pepper, or more to taste
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
3 tbsp. light mayonnaise
1 tbsp. Sriracha sauce

Directions

Preheat oven to 375 degrees. Spray 2 baking sheets with nonstick spray.

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

In a blender or food processor, grind cereal into crumbs. Transfer to a wide bowl, and mix in panko and seasonings.

Place egg substitute in another wide bowl. One at a time, dunk rings in the egg, shake to remove excess, and coat with crumbs. Evenly lay rings on the baking sheets.

Bake for 10 minutes.

Flip rings. Bake until outside is crispy and inside is soft, 10 - 15 minutes.

In a small bowl, mix mayo with Sriracha. Serve with onion rings for dipping.

MAKES 2 SERVINGS

HG FYI: Some large onions yield more rings than others. Just continue coating rings until you run out of crumbs.

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