

ONION RINGS



INGREDIENTS

1 Tablespoon olive oil
1 whole egg, 1 egg white
1 large Spanish onion, sliced ¼ inch slices; separated into rings
½ cup non-fat Powdered Milk
1 teaspoon Cajun Creole Spice
2 teaspoons Garlic Powder
1 teaspoon Onion Powder
1/8 cup Chili Powder
1 teaspoon ground black pepper
1/8 cup Paprika

DIRECTIONS

Preheat oven on bake to 350° degrees

Spread oil on cookie sheet Beat the egg and white until foamy in a large bowl. Add sliced onions and let them soak in egg mixture until ready for coating. Mix all the dry ingredients in mixing bowl Wisk the dry ingredients until blended.

Dip egg-coated onion rings into powder mixture, put on a thick coating to make it more crispy. Place the coated onion rings on the cookie sheet side by side (1 layer)

Bake until bottom begins to brown (approx. 13 minutes) then turn the onion rings over and brown for another 10 minutes or until golden brown.

Notes:

- You can adjust the flavor by adding or subtracting seasonings.
- You may have to add a little oil if you are making multiple batches of onion rings
- Since all ovens cook differently, cooking times make differ. Watch onion rings so they don't burn.