

BAKED ONION RINGS

Ingredients:

3 medium yellow onions
½ cup flour, whole wheat or all-purpose
¼ cup wheat germ, or bread crumbs
¾ cup milk, or soymilk
Pinch of pepper and salt
1/3 cup olive oil
Ketchup (see our *Homemade Ketchup* recipe)

Tip: to avoid onion tears, run the knife under cold water before cutting, and in between. Another suggestion is to put the onion in the freezer before cutting. You can also try to blanch the onion for 30 seconds before cutting.

Instructions:

- Preheat oven to 350 F. Grease a baking pan with 1 to 2 Tbsp olive oil.
- Prepare 2 medium sized bowls. In one bowl, mix all the dry ingredients, including any spices you enjoy. Pour milk in the other bowl.
- Peel the onions and run under cold water. Cut into thick rings widthwise.
- Separate the rings. Dip each onion ring into the milk, and then into the flour mix. Place onto the baking pan.
- Once you finish pre-seasoning all the onion rings, drizzle with the remainder oil. Mix using a wooden spoon.
- Bake in the oven until crispy (15 to 30 minutes).
- Serve with a side order of ketchup.

Serves 4

Definition

Blanching: boiling a vegetable or a fruit for a short period of time (up to a minute).

