Low Fat Baked Onion Rings

Ingredients

- 1 medium onion
- 2 1/4 cups low fat buttermilk
- 1 cup panko bread crumbs
- 1/4 cup italian seasoned whole wheat bread crumbs
- 1/4 cup crused corn flake crumbs
- salt to taste
- olive oil baking spray (misto)



Instructions

- Place slices of onion in a shallow dish. Pour the buttermilk over the top and let them soak for about 1 - 2 hours, refrigerated.
- Preheat oven to 450 degrees. Line baking sheet with parchment paper or foil.
- Combine panko, bread crumbs and corn flakes and place half of the crumbs in a large dish, season with salt. Reserve the rest for when the first batch is used up. This should help avoid clumping and they should stick better to the onions.
- Dip each soaked onion ring into the crumb mixture; coat well. Place rings onto two cookie sheets. Lightly spray with oil. Bake about 12 minutes or until golden brown. Serve immediately.

Summary

Yield: 2
Prep Time: 2 hours
Category: Appetizers
Cuisine: American