

Side Dish

Baked Sweet Onion Rings

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Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

1/2 cup egg substitute

2/3 cup dry bread crumbs

1/2 teaspoon salt

1/4 teaspoon pepper

1 sweet onion, sliced and separated into rings

Preheat oven to 425 degrees.

Place the egg substitute in a shallow dish.

In a nother shallow dish, combine the bread crumbs, salt and pepper.

Dip the onion rings into the egg then roll in crumb mixture.

Place on a baking sheet coated with nonstick cooking spray.

Bake for 15 to 18 minutes or until golden brown, turning once.

Per Serving (excluding unknown items): 129 Calories; 4g Fat (30.5% calories from fat); 6g Protein; 16g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 481mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.