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# Mae Ola`s Onion Rings

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**1 cup buttermilk**

**1 egg**

**1 cup sweet milk**

**onion rings, sliced fairly thick (1/4 inch)**

**cup flour**

**cracker meal**

**oil**

In a bowl, mix the buttermilk, egg and sweet milk together.

Dip the onion rings in the milk mixture, then in the flour, back in the milk mixture and finally in the cracker meal.

Fry in fairly hot oil until brown.

## **Side Dishes**

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*Per Serving (excluding unknown items): 173 Calories; 7g Fat (37.7% calories from fat); 14g Protein; 12g Carbohydrate; 0g Dietary Fiber; 221mg Cholesterol; 327mg Sodium. Exchanges: 1 Lean Meat; 1 Non-Fat Milk; 1/2 Fat.*