



Onion Rings

Ingredients

- One large white Onion chopped into rings
- 3 packets of Cream of Wheat
- 1 tbsp Garlic Powder
- Salt and Pepper to your own taste
- 1 tbsp Cayenne Pepper
- 1 Egg
- 3 Egg Whites
- 1-2oz of Skim Milk

Directions

1. Cover baking sheet in tin foil (much easier clean up) and spray with Pam
2. Preheat oven to 425
3. Mix milk and eggs in one dish until blended evenly
4. Mix all dry ingredients (cream of wheat, pepper, salt etc.) in another bowl
5. Dip rings in wet mixture with one hand and then place in dry mix
6. Cover rings with dry mixture and press down into mixture with other hand.
7. Shake of excess and place on baking sheet. (They can be close to each other because they wont stick to each other plus they also shrink)
8. Bake for 15-18 minutes then flip them over. The bottoms by now should be browned.
9. Place back in oven for another 5 minutes and this should help brown the other side a little more