

Oven Baked Onion Rings

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 4

Ingredients

- 2 yellow onions
- 2 Tablespoons flour
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ½ teaspoon paprika
- ½ cup Panko bread crumbs
- 1 large egg



Instructions

1. Preheat oven to 425 degrees F. Line a sheet tray with parchment paper or foil.
2. Peel the outer layer of the onions and slice into ½ inch rings.
3. Place the Panko bread crumbs in a small bowl.
4. Combine flour, salt, pepper, garlic powder and paprika in a separate bowl and stir.
5. Whisk the egg in a third small bowl.
6. Dip each onion ring first in flour mixture, then the egg, and then the Panko.
7. Place the onion slices on the prepared baking sheet.
8. Bake in the preheated oven for 20 minutes or until golden brown, flipping halfway through.