

Crispy Baked Onion Rings

Enjoy a healthier twist on the classic onion rings with this crispy baked version. Perfect as a tasty snack or side dish!


30 min

Total time

Easy

Difficulty

220

kcal / serving

Ingredients

- 1 large onion,
- 1/2 cup breadcrumbs,
- 1/4 cup grated Parmesan cheese,
- 1 tsp paprika,
- 1/2 tsp garlic powder,
- Salt and pepper to taste,
- 1 egg

Steps

- 1 Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
- 2 Peel the onion and cut into rings, then separate them.
- 3 In a bowl, mix breadcrumbs, Parmesan cheese, paprika, garlic powder, salt, and pepper.
- 4 In another bowl, beat the egg.
- 5 Dip each onion ring into the egg, then coat with the breadcrumb mixture.
- 6 Place the coated rings on the baking sheet and bake for 20-25 minutes until crispy and golden brown.
- 7 Serve hot and enjoy!