

## Non-fried "fried" Onion Rings

The secret to oven-fried food with fried-food flavor is seasoned coatings and a hot oven.

Yield 4 servings

1/4 cup all-purpose flour

1/4 tsp garlic powder

1/4 tsp dry mustard, or mustard powder

1/4 tsp table salt

2 large onions, Spanish, sliced into 1/4-inch-thick rounds

1/2 cup buttermilk

1 cup seasoned bread crumbs

1 serving cooking spray, olive oil flavored, or enough to coat onions Preheat oven to 400 F. Coat a large baking sheet with olive oil cooking spray. In a large bowl, combine flour, garlic powder, mustard powder and salt. Add onions and toss to coat. Pour buttermilk into a large bowl, add onions and toss to coat (use your hands for the best result). Place bread crumbs in a separate large bowl, add onions and toss to coat. Transfer onions to prepared baking sheet and spray with olive oil cooking spray, Bake until golden brown, 35 minutes. Serve hot. Yields about 1/2 an onion per serving 4 POINT per serving

