

Onion Rings

Makes 2 Servings

Ingredients:

- 1 jumbo onion
- 1 egg
- 1 cup almond flour
- 8 tablespoons grated parmesan cheese
- 1 teaspoon garlic powder
- ½ tablespoon chili powder or paprika powder
- 1 pinch salt
- 1 tablespoon olive oil



Directions:

1. Preheat the oven to 400°F (200°C), or turn on the broiler.
2. Peel the onion and slice into rings, about ½ inch thick.
3. Mix the dry ingredients in a bowl. Whisk the egg in another bowl.
4. Dip the onion rings in the egg batter and then in the flour mix, one at a time.
5. Place the rings on a baking sheet covered with parchment paper.
6. Drizzle or spray oil on the rings and bake in the oven for 15–20 minutes. If you are using the broiler, keep a close eye on them; they're done when golden brown and crisp.

Recipe Courtesy of: <https://www.dietdoctor.com/recipes/low-carb-onion-rings>