



Makes 18 to 20 onion rings
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

½ cup whole wheat flour, oat flour, or rice flour

¼ teaspoon sea salt

¼ teaspoon garlic powder, plus more as needed

¼ teaspoon onion powder

Freshly ground black pepper

1 cup panko bread crumbs (gluten-free or regular)

1 large Vidalia or other sweet onion, sliced into ½-inch-thick rings (about 18 to 20)

Ketchup, for serving (optional)

Onion Rings

Onion rings are, not surprisingly, at the top of my craving must-haves list! With salt, onion powder, and a bread crumb coating, they're crunchy and delicious, and in no way need to be fried to be amazing. Sometimes I'll make a meal of just onion rings—I'm not ashamed to admit it!

Recipe excerpted from [Plantifully Lean: 125+ Simple and Satisfying Plant-Based Recipes for Health and Weight Loss](#)

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By Kiki Nelson

- 1 Preheat the oven or an air fryer to 425°F. Line a baking sheet with parchment paper.
- 2 In a medium bowl, whisk together the flour, salt, garlic powder, onion powder, and a pinch of pepper. While whisking, slowly add ½ cup water and whisk until well combined. Place the bread crumbs in a shallow dish and set them next to the batter.
- 3 Working with one at a time, dip an onion ring into the batter to coat, allowing any excess to drip off, then dredge it in the panko. Place the battered onion ring on the prepared baking sheet and repeat to coat the remaining onion.
- 4 Bake for 15 to 20 minutes in the oven or 12 to 15 minutes in the air fryer, until golden and crispy. If you like, season the onion rings with more garlic salt, then enjoy with ketchup, if desired.