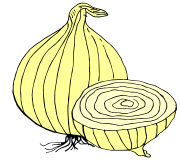


Baked Onion Rings



1. Slice:
onions 3 large

Make into $\frac{1}{2}$ inch rings and separate into rings

2. In a large bowl, soak onions in 1 cup of buttermilk for 15 minutes.

3. In a bowl, mix:

Breadcrumbs 1 $\frac{1}{2}$ cup

(or mix 1 cup breadcrumbs with $\frac{1}{2}$ cup corn flakes)

seasoning salt $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon

4. In separate bowls, add:

flour $\frac{1}{2}$ cup

egg whites 4

5. Dip each ring into flour, then egg, and then bread mixture.

6. Place onion rings on greased cookie sheet.

7. Put in a 400° F oven and bake for 20 to 25 minutes.

Serves 6