

Crispy Baked Onion Rings

Absolutely oil-free and delicious, these Crispy Baked Onion Rings are a much healthier take on the classic greasy version. These will keep you coming back for more!



Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins



4.67 from 3 votes

Course: Sides Cuisine: American

Diet: Low Calorie, Low Fat, Low Salt, Vegan, Vegetarian

Servings: 4 servings Calories: 183kcal Author: Dr. Michael Greger MD FACLM

Ingredients

- 1 large red onion cut into 1/2" thick slices
- 2/3 cup oat flour
- 1/4 cup chickpea flour
- 1 cup almond milk
- 1 teaspoon rice vinegar
- 1/3 cup cornmeal
- 3/4 cup bread crumbs
- 1/3 cup nutritional yeast
- 2 tablespoons Savory Spice Blend
- 1 teaspoon smoked paprika

Instructions

1. Preheat the oven to 425°F. Line a large baking sheet with a silicone mat or parchment paper to prevent sticking and set aside.
2. Peel the outer skin from the purple onion and cut into 1/2" slices. Separate the slices into rings. Transfer to a bowl and set aside.
3. In a shallow bowl, combine the oat flour, chickpea flour, almond milk, and vinegar, stirring to blend well.
4. In a separate shallow bowl, combine the cornmeal, bread crumbs, nutritional yeast, Savory Spice Blend, and paprika, mixing well.
5. In a row, line up the bowls of onion rings, batter, breading mixture, and the prepared baking sheet. Dip an onion ring into the batter, coating it all over. Transfer the onion ring to the breading, tossing to coat. Use a clean, dry hand to sprinkle the breading onto the onion as needed.
6. Place the coated onion ring on the prepared baking sheet and repeat with the remaining ingredients, arranging the rings in a single layer. Use a second baking sheet, if needed. You should have enough batter and breading for about twenty onion rings.
7. Bake for 10 minutes; then remove from the oven and carefully turn over the rings. Bake for about 10 minutes longer, or until crisp and nicely browned. Serve hot.

Notes

Tips & substitutions:

- **Onions-** Other types of onions can also be used such as yellow or white onions.
- **Gluten-free-** For those who are avoiding gluten, simply substitute the bread crumbs for something like these made by Appel Foods.
- **Bread crumbs-** Dr. Greger says to use whole-grain, oil-free, and salt-free bread crumbs. I honestly have not been able to find any. The best option I can see is to make your own by toasting your favorite whole-grain bread and then pulsing it in your blender or food processor until you get the right consistency.
- **Almond milk-** Any plant milk can be used in place of the almond milk.
- **Spice blend-** This recipe calls for Dr. Greger's Spice Blend, and you really need to give it a try. It's delicious for seasoning many other recipes and foods as well. It's super easy to make.

Air Fryer Cooking Instructions:

1. Preheat your air fryer to 375°F (190°C) for about 3-5 minutes.
2. Place the onion rings in a single layer in the air fryer basket, making sure they don't overlap for even cooking. You may need to cook them in batches depending on the size of your air fryer.
3. Cook them for 8-10 minutes, flipping them halfway through the cooking time to ensure both sides are crispy and golden brown.

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