



# Good Old-Fashioned Onion Rings

**Serves 24**

## Ingredients:

2 cups flour  
1 cup milk  
3 sweet onions  
1 quart oil  
2 teaspoons salt  
1 tablespoon white vinegar  
3 egg whites  
2 teaspoons ground black pepper

## Directions:

1. In a large skillet, heat oil on medium-high.
2. In a bowl, mix together 1 teaspoon salt, flour and 1 teaspoon pepper. In separate bowl, whisk eggs whites, remaining salt and pepper, vinegar and milk, until frothy.
3. Dip onion rings in wet mixture, then flour mixture, evenly coat with flour and dip again in wet and dry mixtures.
4. Place onion rings in hot oil, fry until golden brown. Remove and dry on paper towels. Serve soon afterward and enjoy!

**Week:** 201905

**FeatureIntro:** Homemade onion rings have never tasted so good.

**RecipeIntro:** These onion rings are easy, quick and perfect for snacking.

**CookingMethod:** Pan-fry

**Season:** Winter