

Crispy Onions

INGREDIENTS

- o 3 cups thinly sliced onions (not chopped)
- o 1 cup chickpea flour (garbanzo bean flour)
(consider whole wheat flour instead)
- o 1 Tablespoon onion powder
- o 2 teaspoons garlic powder
- o 2 teaspoons salt
- o 1 teaspoon ground black pepper
- o 1 Tablespoon nutritional yeast
- o 1/4 cup almond meal (not almond flour -it has more substance)
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DIRECTIONS

1. Mix together all ingredients but the onions.
2. Remove 1/2 cup of the mixed dry ingredients and mix with 1/4 cup water.
3. Toss onion in wet mix to coat.
4. Toss onion in dry mix to coat.
5. Spread on parchment covered sheet pan.
6. Spray lightly with oil.
7. Bake at 400 degrees for 10-15 minutes or until light brown and crispy.

(Can also use the fried onions packages in stores)