

Air-Fried Onion Blossom

(MAKES 1 SERVING)

TOTAL TIME: 20 MIN. + 10 MIN. REFRIGERATION TIME
 PREP TIME: 7 MIN.
 COOKING TIME: 13 MIN.



FOR ONION:

- 1 medium sweet onion (like Vidalia), peeled**
- 2 wooden chopsticks**
- 2 Tbsp. unsweetened almond milk**
- 1 large egg**
- 3 Tbsp. whole wheat flour**
- 1 tsp. onion powder**
- ½ tsp. chili powder**
- ½ tsp. garlic powder**
- 1 dash sea salt (or Himalayan salt)**
- Nonstick cooking spray**

FOR SAUCE:

- 1 Tbsp. reduced-fat (0 to 2%) plain Greek yogurt**
- 1 tsp. horseradish**
- 1 tsp. all-natural ketchup**
- 1 dash ground paprika**
- 1 dash dried oregano**
- 1 dash garlic powder**
- 1 dash sea salt (or Himalayan salt)**

- 1.** Place onion, root down, on a cutting board. Place 2 wooden chopsticks on either side of onion, as cutting guards. Use an apple slicer to cut onion into equal sections, without cutting through root. Place onion, cut-side up, in a large bowl; spread out and separate sections. Set aside.
- 2.** Add almond milk and egg to a small bowl; whisk to combine. Set aside.
- 3.** Combine flour, onion powder, chili powder, garlic powder, and salt in a medium bowl.
- 4.** Lightly coat onion with spray; sprinkle flour mixture over top, spread sections open to evenly coat. Gently turn onion upside down over bowl; shake off excess flour mixture. Place onion, cut-side up, in a separate bowl.
- 5.** Pour egg mixture evenly over onion; sprinkle with remaining excess flour mixture, pressing into sections. Refrigerate for 10 minutes.
- 6.** Preheat air-fryer to 375° F (190 °C).
- 7.** Lightly coat onion with spray. Air-fry, spraying once halfway through, for 10 to 13 minutes, or until golden brown and crisp.
- 8.** While onion air-fries, make sauce by adding yogurt, horseradish, ketchup, paprika, oregano, garlic powder, and salt to a small mixing bowl; whisk to combine. Refrigerate until ready to use.
- 9.** Serve onion with dipping sauce on side.

Tips:

- For the crispiest result, the key is to ensure that the onion petals are sufficiently spread open, and then to coat the exposed layers well with the flour coating and then the light spray of oil.
- If you don't have an apple slicer, use this method to slice your onion: Cut off the top ½ inch (1 cm) of onion, keeping root intact. Place onion, cut-side down, on cutting board. Insert knife ½ inch (1 cm) below root; slice down to board, cutting almost into center of onion. Repeat 7 times, until there are 8 evenly spaced sections.



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