

Foodnity Recipes

Crispy Pizza Onion Ring Chips – Low-Carb Snack

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 large sweet onions, sliced into 1-inch rings
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1/2 cup low-sugar tomato sauce
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried basil
- [ ] 1/2 tsp garlic powder
- [ ] Salt and pepper to taste
- [ ] 2 tbsp grated Parmesan cheese

Optional Enhancements

- [ ] Thinly sliced turkey pepperoni
- [ ] A pinch of smoked paprika
- [ ] Fresh basil leaves for garnish

Instructions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Pat the onion rings dry, then lightly dust each side with seasoned flour mixed with salt, pepper, and garlic powder.
3. Place the floured rings on the sheet, brush lightly with olive oil, and bake for 5 minutes to set the coating.
4. Remove the sheet, spread a thin layer of tomato sauce over each ring, sprinkle mozzarella, oregano, and basil on top.
5. Return to the oven and bake for another 12-15 minutes, until the cheese bubbles and the edges turn golden.
6. If using, add turkey pepperoni slices, then broil for 1-2 minutes to crisp the pepperoni.
7. Finish with a drizzle of olive oil, a sprinkling of Parmesan, and garnish with fresh basil before serving.

Nutrition per serving

180 kcal	10 g	12 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, let the flour-coated rings rest for a few minutes before the first bake.
- If the sauce is too thick, thin it with a splash of water or lemon juice.
- Feel free to experiment with different herb blends to customize the flavor.