Parmesan Onion Ring Crisps

Crispy, savory, low-carb and addictive (possibly not a good thing??) These cheesy onion rounds are perfect as a snack, side, or crunchy topper! A far better alternative to traditional crisps - but beware, their carbs can mount up quickly!

Ingredients:

- 2 small white onions, sliced into thin rounds
- 200 g freshly grated Parmesan cheese
- ½ tablespoon olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon smoked paprika (optional)
- Pinch of sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 200 °C / 400 °F. Line a rimmed baking tray with baking paper.
2. Create cheese base: Evenly sprinkle the Parmesan in a thin layer over the entire sheet—this forms the crisp base.
3. Add onion rounds: Place onion slices on top of the cheese in a single layer, leaving space between them. Use only full rings if you can—they look great!
4. Brush & season: Lightly brush the tops of the onions with olive oil. Sprinkle with garlic powder, paprika, salt, and pepper.
5. Bake for 18–20 minutes, or until the cheese is bubbling and golden brown. Watch closely in the last few minutes—crispy can quickly become burnt.
6. Cool & serve: Let cool for 5–10 minutes so the cheese hardens into a crisp base. Gently break into pieces and enjoy.

Variations & Tips:

- Double cheese crunch: Sprinkle half the Parmesan first, add onion rounds, then sprinkle remaining cheese on top for ultra-cheesy bites.
- Custom seasonings: Try cayenne for heat, Italian herbs for a Mediterranean twist, or nutritional yeast for a nutty boost.
- Cheese choice: Only freshly grated Parmesan will crisp properly—pre-shredded cheese contains anti-caking agents that can ruin the texture.
- Make it a dipper: Serve with sriracha mayo, herbed cream cheese, or homemade ranch.
- Storage tip: Store cooled crisps in an airtight container lined with a paper towel. Re-crisp in a 160 °C (325 °F) oven for a few minutes.

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