



Air-Fried Onion Petals



INGREDIENTS

1 medium yellow onion
1 cup self-rising flour
1 tsp Slap Ya Mama Cajun seasoning
½ tsp Hy-Vee garlic salt
1 Hy-Vee large egg
½ cup buttermilk
⅓ cup Hy-Vee Sriracha mayo sandwich spread
1 tbsp Hy-Vee plain Greek yogurt
⅛ tsp That's Smart! onion powder

PREPARATION

- 1** Preheat air fryer to 350°. Peel and slice onion into wedges. Combine flour, Cajun seasoning, and garlic salt in large bowl. Whisk together egg and buttermilk in small bowl.
- 2** Dip onion wedges into egg mixture and then immediately into flour mixture, coating well. Return wedges to egg mixture and then again to flour mixture.
- 3** Generously spray air-fryer basket with nonstick spray. Place coated wedges in basket; air-fry in batches for 5 minutes. Increase heat to 400 degrees. Generously spray wedges with nonstick spray. Air-fry for an additional 5 minutes.
- 4** Meanwhile, for Sriracha Dip: Combine Sriracha mayo spread, Greek yogurt, and onion powder.

NUTRITION FACTS

Calories: 220
Total Fat: 14g
Saturated Fat: 1.5g
Cholesterol: 40mg

Sodium: 660mg
Carbohydrates: 17g
Fiber: 1g
Sugar: 4g
Protein: 4g