



I know I talk a lot about antioxidants. It's only because we live in such a toxic world that we need components to counterbalance our environment. A Bloomin' Onion may not sound like a healthy choice, but if you take out the bad stuff and leave in the good, you are presented with something delicious that is loaded with antioxidants, anti-inflammatories, and fiber.

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BLOOMIN' GOOD

Un-Fried Bloomin' Onion

4 Vidalia Onions, peeled with ends cut just enough so it doesn't rock.	½ Teaspoon Sea Salt
½ Cup Grated Parmesan Cheese	½ Teaspoon Pepper
1 Tablespoon Paprika	A dash of Red Pepper
1 Teaspoon Garlic Powder	Olive oil

Preheat oven to 400°F. Mix together cheese and all seasonings in a small bowl and set aside. Cut onions into sections without cutting all the way through and separate the petals gently until you hear a little "crunch" sound. Don't worry if it breaks it will still be delicious. Place onions on a baking sheet. Drizzle olive oil over the onions and sprinkle with cheese/seasoning mixture making sure to get it between all the petals. Bake for 30 to 40 minutes.

To make the optional dipping sauce: mix together ¼ cup mayonnaise, 1 Tablespoon ketchup, 1 Tablespoon Worcestershire sauce, 1 teaspoon paprika, ½ teaspoon garlic powder, salt and pepper to taste.

Hope you like it as much as we do. -- Dr. Stacey

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