

Baked Pepper Rings

From – *Giant's Savory Magazine*

3 bell peppers
¼ cup flour
2 eggs, beaten
½ cup panko bread crumbs
cooking spray
1 ½ cup pasta sauce for dipping

- Preheat oven to 450F
- Spray baking sheet with cooking spray.
- Slice peppers into ½ inch rings
- Toss with flour to coat
- Dunk pepper rings, one at a time, in beaten eggs, then coat with breadcrumbs.
- Place rings on baking sheet.
- Bake 15-18 minutes flipping once.
- While rings bake, warm pasta sauce to serve on the side.



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