

## Crispy Onion Wheels (gluten-free)

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### Ingredients:

1 large sweet or white onion, sliced very thin

6-8 TB [tapioca starch \(tapioca flour\)](#)

1/2 tsp. unrefined [sea salt](#)

3 T. of [unrefined organic coconut oil](#)

### Directions:

1. Slice onion very thinly and put into a medium bowl. Sprinkle tapioca starch and salt on top and toss the onions to coat.
2. In a small sauté pan when coconut oil is hot, add floured onions in a single layer and cook for about 3-5 minutes, until bottom is browned. (Tapioca flour has a low burn rate so watch closely to make sure they don't burn).
3. Because of the tapioca flour, as the onions cook, they will stick together to form a "wheel". When lightly browned, carefully flip them over in one motion, using a pair of tongs. Continue to fry until the top is browned.
4. Remove from oil and place on a 3/4 sheet pan in a 350 oven.
5. Repeat the process of frying the onion-tapioca mixture until the whole onion is fried.
6. You should end up with 3-4 "wheels" from one large onion. (You can make fewer but bigger wheels if you use a larger pan, but it is more difficult to turn over a larger wheel and to make them as crispy as you might like.)