

# PRIME RIB & ONION RINGS



## 50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

## INGREDIENTS

### For the roast:

- ★ 2 bone prime rib roast, 3¾ pounds
- ★ 1 teaspoon kosher salt
- ★ 1 teaspoon fresh ground black pepper

### For the onion rings:

- ★ 1 large sweet yellow onion, peeled and sliced into ½-inch thick rings (about 12.8 ounces)
- ★ 1 large egg, lightly beaten
- ★ ¾ cup low-fat buttermilk
- ★ ¾ cup whole wheat panko bread crumbs
- ★ ½ cup finely ground almond flour
- ★ ⅓ cup grated Parmesan cheese
- ★ ½ teaspoon paprika
- ★ ½ teaspoon onion powder
- ★ ¼ teaspoon fresh ground black pepper
- ★ Olive oil spray

### For the garlic herb horseradish sauce: (Yield: 7.7 ounces total, ⅝ cup)

- ★ 4 cloves garlic, peeled
- ★ 2 teaspoons olive oil, divided
- ★ ¾ cup low-fat Greek yogurt
- ★ 2 tablespoons prepared horseradish
- ★ ½ teaspoon fresh thyme leaves, chopped
- ★ ¼ teaspoon kosher salt
- ★ Fresh ground black pepper, to taste

## DIRECTIONS

Season the roast all over with salt and pepper. Set a rack in a sheet pan and set roast on top. Let roast sit at room temperature for 1 hour. Heat the oven to 450 degrees F. Cook the rib roast for 30 minutes. Place garlic cloves in a small piece of foil and drizzle with 1 teaspoon olive oil. Wrap foil tightly. Reduce heat to 350 degrees F, set garlic on a roasting rack and continue cooking roast until an instant read thermometer inserted into the thickest part of the meat registers 120 degrees F for medium-rare, about 35 minutes more. Remove roast from oven, tent loosely with foil and let rest 20 minutes before slicing.

Separate sliced onions into individual rings. In a wide shallow bowl or pie plate, combine buttermilk and egg. Add the onion rings and turn to coat completely. Let them sit in the mixture for 5 minutes. In a separate wide bowl, combine bread crumbs, almond flour, Parmesan, paprika, onion powder, and pepper. Working with one onion ring at a time, coat in breadcrumb mixture pressing lightly to adhere then, working in batches, arrange in a single layer on a tray in the air fryer making sure onion rings are not touching. Spray lightly with olive oil spray.

Working in batches, air fry at 375 degrees F until golden and crisp, about 8 minutes per batch. Divide onion rings among plates. (Note: These can also be baked by preheating the oven to 400 degrees F, and placing a wire rack over a sheet pan. Spray with non-stick avocado oil spray and lay the onion rings in a single layer on the rack. Bake for about 25 minutes or until golden and crispy.)

In a medium bowl, mash roasted garlic cloves with a fork. Stir in yogurt, horseradish, thyme, salt and pepper. Drizzle with remaining teaspoon of olive oil and serve with roast and onion rings.

### Serving Size and Nutritional Information:

**Serves 15** (Serving Size 1 4 oz Steak + 2 onion rings = 150g)  
**350** Calories Per Serving, **27g** Total Fat,  
**4g** Total Carbohydrates, **22g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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