

Pine Nut COOKIES

While these classic Italian cookies bake, the delicate flavor of the pine nut (aka pignoli) coating deepens.

ACTIVE TIME: 40 MINUTES TOTAL TIME: 1 HOUR 10 MINUTES PLUS CHILLING AND COOLING
MAKES: ABOUT 2½ DOZEN COOKIES

- 2 large egg whites
- 1 tube (7 ounces) or 1 can (8 ounces) almond paste, broken into pieces
- ½ cup confectioners' sugar
- ¼ cup granulated sugar
- ¼ cup all-purpose flour
- Pinch salt
- 1¼ cups pine nuts (pignoli)

1 In large bowl with mixer at low speed, beat egg whites until foamy. Add almond paste and beat until crumbly. Increase speed to medium-high; beat for about 2 minutes or until almost smooth, occasionally scraping bowl with rubber spatula (mixture will look grainy). Reduce speed to medium; beat in sugar for 1 minute or until creamy. Add flour and salt; beat just until blended (dough will be sticky). Cover bowl with plastic wrap and refrigerate for at least 1 hour or until dough is firm enough to shape.

2 Preheat oven to 325°F. Line large cookie sheet with parchment paper. Spread pine nuts on sheet of waxed paper or in pie plate.

3 Dip hands in water, and then shape dough by level tablespoons into 1-inch balls. Roll balls in pine nuts. Place balls, 2 inches apart, on prepared cookie sheet. Repeat with remaining dough and pine nuts, wetting hands when necessary to keep dough from sticking. Bake for 15 to 18 minutes or until edges are golden and tops begin to brown. Transfer cookies to wire racks to cool completely.

EACH COOKIE: ABOUT 90 CALORIES, 2G PROTEIN, 10G CARBOHYDRATE, 5G TOTAL FAT (1G SATURATED), 1G FIBER, 0MG CHOLESTEROL, 10MG SODIUM.

TIP

Nuts are highly perishable, so store them in the refrigerator (or freezer). If you're working with a stash that's been kept at room temperature, always taste a nut first to make sure it hasn't gone rancid.