

☞ Divide dough in half. With floured hands, shape each into 12-inch (30 cm) long log. Place on parchment paper-lined baking sheet. Press to flatten slightly. Whisk egg white until foamy; brush over tops of logs.

☞ Bake in centre of 350°F (180°C) oven for about 25 minutes or until firm to the touch and golden. Transfer to rack; let cool completely.

☞ With serrated knife, cut each log into ½-inch (1 cm) thick slices; place, cut side down, on baking sheet. Bake in centre of 350°F (180°C) oven until firm and golden, turning once, about 15 minutes. *(Make-ahead: Store layered between waxed paper in airtight container for up to 5 days.)* **Makes about 40 cookies.** PER COOKIE: about 74 cal, 2 g pro, 3 g total fat (1 g sat. fat), 10 g carb, 1 g fibre, 17 mg chol, 36 mg sodium. % RDI: 2% calcium, 4% iron, 2% vit A, 7% folate.

Mostaccioli

In Roman times, these cookies were sweetened with the must, or *mosto* (as the name indicates), left over from wine production.

¼ cup	unsalted butter	50 mL
½ cup	granulated sugar	125 mL
1	egg	1
1¼ cups	all-purpose flour	300 mL
¼ cup	cocoa powder	50 mL
1 tsp	ground cinnamon	5 mL
½ tsp	each baking soda and baking powder	2 mL
¼ tsp	each ground cloves and salt	1 mL
⅓ cup	milk	75 mL
1 cup	semisweet chocolate chips	250 mL
⅓ cup	chopped walnuts	75 mL
GLAZE:		
1¼ cups	icing sugar	300 mL
¼ cup	brewed coffee	50 mL
½ tsp	vanilla	2 mL

☞ In bowl, beat butter with granulated sugar until light and fluffy; beat in egg.

☞ In separate bowl, whisk together flour, cocoa, cinnamon, baking soda, baking powder, cloves and salt; add to butter mixture alternately with milk, making 2 additions of each and scraping down bowl between additions.

☞ Stir in chocolate chips and chopped walnuts. Cover and refrigerate for 2 hours or until firm.

☞ Roll by generous 1 tbsp (15 mL) into 1-inch (2.5 cm) balls. Place, 2 inches (5 cm) apart, on parchment paper-lined baking sheets.

☞ Bake in top and bottom thirds of 350°F (180°C) oven, rotating and switching pans halfway through, for about 12 minutes or until tops begin to crack. Transfer to rack; let cool completely.

☞ GLAZE: Place rack on baking sheet. In bowl, whisk together sugar, coffee and vanilla; spoon 1 tsp (5 mL) on each cookie. Let set. *(Make-ahead: Store layered between waxed paper in airtight container for up to 5 days.)* **Makes about 34 cookies.** PER COOKIE: about 95 cal, 1 g pro, 4 g total fat (2 g sat. fat), 15 g carb, 1 g fibre, 9 mg chol, 43 mg sodium. % RDI: 1% calcium, 4% iron, 2% vit A, 6% folate.

Amaretti

Since amaretti are usually bought in decorative tins, this is a great recipe to have in your repertoire – with the added bonus of being gluten-free. Plus, the cookies are truly easy to make.

2	egg whites	2
1 cup	granulated sugar	250 mL
½ tsp	almond extract	2 mL
2½ cups	ground almonds	625 mL

TOPPING:

2 tbsp	granulated sugar	25 mL
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☞ In large bowl, beat egg whites until soft peaks form; beat in sugar, 2 tbsp (25 mL) at a time, until stiff glossy peaks form. Beat in almond extract; fold in ground almonds.

☞ Drop by generous 1 tbsp (15 mL) or pipe using piping bag, 2 inches (5 cm) apart, onto parchment paper-lined baking sheets.

☞ TOPPING: Sprinkle sugar over cookies. Bake in top and bottom thirds of 300°F (150°C) oven, rotating and switching pans halfway through, for about 20 minutes or until firm to the touch and light golden. Transfer to rack; let cool completely. *(Make-ahead: Store layered between waxed paper in airtight container for up to 3 days.)* **Makes about 30 cookies.** PER COOKIE: about 76 cal, 2 g pro, 4 g total fat (trace sat. fat), 9 g carb, 1 g fibre, 0 mg chol, 4 mg sodium. % RDI: 2% calcium, 2% iron, 1% folate.

Pignoli

Chewy and crunchy, these sweet morsels are all about the pine nuts.

12 oz	marzipan, crumbled	375 g
1 cup	icing sugar	250 mL
½ cup	granulated sugar	125 mL
2	egg whites	2
¼ cup	all-purpose flour	50 mL
2 cups	pine nuts	500 mL

☞ In bowl, beat together marzipan, icing and granulated sugars and egg whites until smooth. Stir in flour until smooth thick paste.

☞ Place nuts in small bowl. With wet hands, roll dough by 1 tbsp (15 mL) into balls; roll in nuts, pressing to adhere.

☞ Place, 2 inches (5 cm) apart, on parchment paper-lined baking sheets. Bake in centre of 325°F (160°C) oven for about 20 minutes or until golden brown. Let cool on pan for 5 minutes. Transfer to rack; let cool completely. *(Make-ahead: Store layered between waxed paper in airtight container for up to 3 days.)* **Makes 36 cookies.** PER COOKIE: about 120 cal, 2 g pro, 8 g total fat (1 g sat. fat), 12 g carb, 2 g fibre, 0 mg chol, 4 mg sodium. % RDI: 2% calcium, 6% iron, 5% folate.

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