

Mexican Wedding Cookies

Heart Health

Items Needed: mixer (hand mixer or stand mixer) measuring cups, measuring spoons, knife, cutting board, baking sheet, spatula,

Serves: 36

Ingredients:

- 1 cup of walnuts chopped
- 1 cup unsalted butter
- $\frac{3}{4}$ cup powdered sugar
- 2 tsp vanilla extract
- 2 cups flour
- Pinch of salt
- $1\frac{1}{2}$ cup powdered sugar for sprinkling

Directions:

1. Preheat oven to 325 degrees, soften butter and add to mixing bowl with powdered sugar.
2. Mix on medium speed until the butter starts to lighten. Use your spatula to scrape down the bowl.
3. While this is mixing, chop the walnuts to the desired texture, normally small but not quite mealy.
4. To the butter and sugar mixture, add vanilla, a pinch of salt, and flour. Mix until well combined and add the walnuts, mixing until walnuts are evenly distributed throughout the dough.
5. Scrape dough down the bowl and portion with cookie scoop into 1 inch balls. Roll between two hands until smooth and then place on a lined baking sheet.
6. Bake for 10-15 minutes, or until the bottom of the cookies are golden.
7. Place in container and coat each cookie with powdered sugar.

Nutrition Information (per 1/36 recipe):

Calories: 118 Fat: 3.7 g Carbs: 18.8 g Protein: 3.6 g Fiber: 0.7 g Sodium: 23.6 mg



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