

Orange Pistachio Olive Oil Cookies

THE JAMES
Mobile
Education
Kitchen

Heart Health

Items Needed: Mixer (hand or stand mixer), separate mixing bowl, measuring cups, measuring spoons, spatula, plastic wrap or parchment paper, and baking sheet.

Serves: 36 cookies

Ingredients:

- ½ stick of butter (melted)
- ½ cup of olive oil
- 1 cup granulated sugar
- 1 egg
- 1 tsp vanilla
- ½ tsp baking soda
- Zest of half of an orange and the juice
- 2 cups all purpose flour
- ½ cup chopped pistachios

Glaze:

- Zest of half an orange and the juice
- 2-3 tbsp butter melted
- 1 tsp vanilla
- 1 1/2 powdered sugar
- ¼ cup pistachios chopped

Directions:

1. Preheat the oven to 350 degrees.
2. In a microwave safe bowl or measuring cup, melt ½ stick of butter plus one tbsp. for the glaze.
3. Set the 1 tbsp aside for later use. Add butter and olive oil to the mixing bowl, using a hand mixer or a stand mixer with a paddle attachment. Cream butter, oil, and sugar together, add zest and orange juice to the mixture and cream for approximately 2 minutes. Add the egg and continue to let mix together for another minute or two.
4. To the bowl add the vanilla, baking soda, a pinch of salt. Once combined add the flour, one cup at a time until well incorporated. The dough will be slightly sticky at this stage, add the ½ cup of chopped pistachios and mix until the dough is combined.
5. Remove ½ dough and place in the middle of a 9x12 piece of parchment paper that is lightly dusted with flour. Press or form into a log shape and roll it back and forth with about 2-4 inches



of room at the end of the parchment. Dust with a little more flour and roll parchment around cookie dough to keep its shape for the freezer.

6. Freeze for approximately 30 minutes or until firm to the touch.
7. Slice into ½ inch thick pieces and lay out on baking sheet with atleast an inch of space around each cookie.
8. Place in the oven for 5 minutes and rotate baking sheet and bake for another 3-5 minutes or until the edges begin to turn golden.
9. Remove from oven and allow to cool on a baking sheet before glazing.
10. Combine the glaze ingredients and whisk until combined. Once cookies have cooled you can spoon or dip cookies to coat in the glaze.
11. Enjoy!

Nutrition Information (per 1 cookie):

Calories: 101 Fat: 3.4 g Carbs: 16.5 g Protein: 1.1 g Fiber: 0.4 g Sodium: 32.9 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/heart-vascular/ross-wellness-series/ross-heart-hospital-garden>

