



Holiday Shortbread Cookies

MAKES 2 DOZEN COOKIES

Our gluten-free, dairy-free cover stars were created by Nancy Rutherford, owner of Rolling in Dough, Ketchum, Idaho.

- ¾ pound unsalted butter or shortening, room temperature (for substitutions, see page 62)
- 1 cup granulated sugar
- 1 egg (for substitutions, see page 62)
- 3 cups rice flour, plus extra for rolling
- 1 teaspoon vanilla or zest of one lemon

1. Place all ingredients in a medium bowl and combine them until a dough is formed.
2. Shape dough into a flat disk and refrigerate for at least an hour or (tightly covered) up to 10 days.
3. Preheat oven to 350 degrees.
4. Dust working surface and rolling pin with rice flour. Roll out dough to a ¼-inch thickness and cut into shapes with cookie cutters. Place cookies on a cookie sheet lined with parchment paper.
5. Bake cookies on middle rack in preheated oven for 12 to 15 minutes or

until the edges begin to brown.

6. Decorate with your favorite frosting or use confectioner's sugar mixed with just enough water to be spreadable.

Each cookie contains: 209 calories, 12g total fat, 7g saturated fat, 0g trans fat, 39mg cholesterol, 24g carbohydrate, 4mg sodium, 0g fiber, 2g protein