



Candy Cane Cookies

INGREDIENTS

½ cup Hy-Vee shortening
½ cup Hy-Vee butter,
softened
1 cup Hy-Vee powdered
sugar
1 Hy-Vee large egg
1 tsp almond extract or ½
tsp. peppermint extract
1 tsp Hy-Vee vanilla extract
2 ½ cups Hy-Vee all-
purpose flour
1 tsp Hy-Vee salt
red food coloring

PREPARATION

- 1** Place shortening and butter in a large mixing bowl. Beat with an electric mixer on medium for 30 seconds. Add powdered sugar. Beat on medium until combined. Beat in egg, almond extract, and vanilla until combined.
- 2** Whisk together flour and salt in a medium bowl. Add to butter mixture until combined. Divide dough in half. Add enough red food coloring to one-half of dough to reach desired color; stir to evenly distribute color. Cover and chill separately both red and plain doughs for 30 minutes.
- 3** Preheat oven to 375°. To form candy canes, use 1 tablespoon of dough for each rope. Roll each on a lightly floured surface using fingers in a gentle back-and-forth motion to form a 4-inch-long smooth rope. There should be an equal number of plain and red ropes. Place a rope of each color side-by-side; press together lightly and gently twist. Arrange about 1½ inches apart on an ungreased baking sheet, curving one end into a cane.
- 4** Bake 8 minutes or until cookies are firm to the touch (not brown). Cool for 1 minute on cookie sheets. Transfer cookies to wire racks to cool completely. (Note: Cookies break easily at the curve so take extra care in handling them.) Store in a tightly covered container, using waxed paper between layers.

NUTRITION FACTS

Calories: 170
Total Fat: 10g
Saturated Fat: 4g
Trans Fat: 0g
Cholesterol: 20mg

Sodium: 120mg
Carbohydrates: 18g
Fiber: 0g
Sugar: 6g
Protein: 2g