

(1½ sticks), softened  
 ½ cup confectioners' sugar  
 ½ cup plus 2 tablespoons  
 granulated sugar  
 ½ teaspoon vanilla extract

1. On waxed paper, combine flour, baking soda, and salt. From lemons, grate 1 tablespoon peel and squeeze 2 tablespoons juice.

2. In large bowl, with mixer at medium speed, beat butter, confectioners' sugar, and ½ cup granulated sugar until creamy. Add vanilla and lemon peel and juice, and beat until blended. At low speed, beat in flour mixture just until combined.

3. Divide dough in half. Shape each half into 6-inch-long log. Wrap each log in plastic wrap and refrigerate overnight. (If using margarine, freeze logs overnight.)

4. Preheat oven to 350°F. Remove 1 log from refrigerator at a time; cut into ¾-inch-thick slices. Place slices, 1½ inches apart, on ungreased large cookie sheet. Sprinkle lightly with some of remaining granulated sugar.

5. Bake cookies 13 to 14 minutes or until edges are golden brown. Cool cookies on cookie sheet on wire rack 2 minutes. Transfer cookies to wire rack to cool completely. Repeat with remaining dough and sugar.

■ Each cookie: About 40 calories, 0 g protein, 5 g carbohydrate, 2 g total fat (1 g saturated), 0 g fiber, 6 mg cholesterol, 35 mg sodium.

## Sour Cream Cookies

*pictured on page 152*

*Subtle nutmeg flavor and a light cake-like texture make this treat an elegant partner for a cup of afternoon tea.*

**PREP** 25 minutes plus cooling

**BAKE** about 10 minutes per batch

**MAKES** about 2½ dozen cookies

1¾ cups all-purpose flour  
 1 teaspoon baking powder  
 ½ teaspoon salt  
 ¼ teaspoon baking soda  
 ¼ teaspoon ground nutmeg  
 ½ cup butter or margarine (1 stick), softened  
 1 cup plus 2 tablespoons sugar  
 1 large egg  
 2 teaspoons vanilla extract  
 ½ cup sour cream

1. Preheat oven to 400°F. Grease large cookie sheet.

2. On waxed paper, combine flour, baking powder, salt, baking soda, and nutmeg.

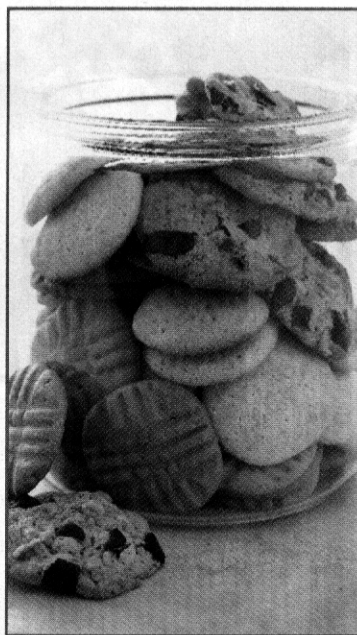
3. In large bowl, with mixer at medium speed, beat butter and 1 cup sugar until creamy, occasionally

scraping bowl with rubber spatula. Beat in egg and vanilla, then sour cream, until well combined. With mixer at low speed, beat in flour mixture just until blended, occasionally scraping bowl.

4. Drop dough by rounded measuring tablespoons, 2 inches apart, onto prepared cookie sheet. Sprinkle lightly with some of remaining sugar. Bake cookies 10 to 12 minutes or until lightly browned around edges. Transfer cookies to wire rack to cool. Repeat with remaining dough and sugar.

■ Each cookie: About 95 calories, 1 g protein, 13 g carbohydrate, 4 g total fat (3 g saturated), 0 g fiber, 17 mg cholesterol, 100 mg sodium. ➤

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