

Lusciously Nutty Holiday Logs

Registered Dietitian Mary LaRock flavored these phyllo rolls with orange and dark chocolate for a winning cookie that will be a lovely addition to any holiday cookie platter.



This recipe includes ingredients that have been recognized for their health benefits. Additionally, a cooking spray replaces butter or margarine to help reduce the amount of fat. Walnuts are a good source of heart healthy monounsaturated fats and omega 3 fatty acids. Research results on cinnamon and cloves indicate these spices can help in regulating our blood sugar response. Orange zest, the outer layer of the orange peel, contains phytonutrients, which research indicates may promote heart health. The portion control is up to you.

2 dozen cookies | **Active Time:** 30 minutes | **Total Time:** 1¼ hours

- 1 cup finely chopped walnuts
- 1/3 cup plus 5 teaspoons sugar, divided
- 1 tablespoon freshly grated orange zest
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 8 sheets phyllo dough, (9-by-14-inch), thawed (see page two for phyllo tips)
- Canola oil cooking spray

Topping

- 1/3 cup semisweet or dark chocolate chips

Preparation

1. Preheat oven to 300°F. Line 2 large baking sheets with parchment paper or nonstick baking mats.
2. To prepare logs: Combine 1/3 cup sugar, orange zest, cinnamon, and cloves in a small bowl. Have nuts in another small bowl.
3. Place one sheet of phyllo dough on a clean, dry surface. Coat thoroughly with cooking spray. Top with another sheet of phyllo and coat with cooking spray. Sprinkle about ¼ of the spice mixture and ¼ of the walnuts (about 1/3 cup) evenly over the phyllo.
4. Using a sharp knife, cut the large phyllo rectangle lengthwise into 3 strips then in half crosswise to form 6 smaller rectangular strips.
5. Beginning at the short ends, loosely roll each strip into a neat log. Repeat with the remaining phyllo and walnut mixture.

6. Place the logs about 1/2 inch apart on the prepared baking sheets. Spray tops lightly with cooking spray and sprinkle with the remaining 5 teaspoons sugar.
7. Bake the logs, in batches, until golden, about 25 minutes. Let cool completely.
8. To prepare topping: Place chocolate chips in a small microwave-safe dish. Microwave on High for 30 seconds. Stir. Continue to microwave for 20-second intervals until melted, stirring after each interval.
9. To decorate: Method 1: working quickly drizzle chocolate over logs using a spoon dipped in the melted chocolate. Method 2: Transfer the chocolate to a plastic sandwich bag. Snip off one corner, being careful not to make the opening too large. Squeeze the melted chocolate decoratively across the top of each cooled log. Let stand at room temperature until the chocolate is completely set.

Nutrition Information

Per cookie:

76 Calories;	9 g Carbohydrates;
4 g Fat;	1 g Protein;
1 g Sat;	1 g Fiber;
1 g Mono;	31 mg Sodium;
0 mg Cholesterol;	36 mg Potassium

Diabetic Exchanges: 1/2 carbohydrate (other), 1 fat

Tips & Notes

- **Make Ahead Tip:** Store in an airtight container at room temperature for up to 2 days or freeze without the chocolate drizzle (Step 8) for up to 1 month. Defrost at room temperature before decorating with the chocolate drizzle.

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Tips to work with Phyllo dough

Tissue-thin sheets of phyllo dough can be frustrating to work with because they can dry out quickly and tear. Here are some tips for making your phyllo experience a happy one.

- Phyllo sheets thaw more evenly and are less likely to stick together if you let the unopened package thaw in the refrigerator overnight. You can keep unopened, thawed phyllo in the fridge for up to a month.

- Don't open the phyllo package until you have all the other ingredients prepared and you're ready to work.
- Unroll the phyllo sheets and lay them flat on a dry surface. Immediately cover with plastic wrap and then a damp towel. (Covering with just a damp towel will moisten the sheets and make them stick together.)
- Keep the phyllo covered when not working with it, and don't leave it uncovered for more than a minute at a time.
- Work as fast as you can.
- Use a soft-bristle pastry brush to lightly coat the sheets with melted butter or oil. Start at the edges (to keep them from cracking) and work in toward the center.
- Roll up any unused sheets, wrap well in plastic, and refrigerate for up to two weeks. Alternatively, wrap in plastic and then foil to freeze for up to two months.