TINY CARDAMOM ORANGE COOKIES

MAKES ABOUT 80 COOKIES / 1 HOUR

Hints of cardamom, orange, sesame, and pistachio provide a final Eastern Mediterranean flourish to the picnic. They're so small, you can eat them by the handful.
PICNIC TIP Pack cookies in an airtight, crushproof container.

½ cup sugar
1 tsp. orange zest
¼ tsp. ground cardamom
½ cup butter, softened
1 large egg
1 tsp. vanilla extract
1 cup flour
1 tbsp. toasted sesame seeds or chopped salted roasted pistachios (optional)

1. Preheat oven to 375°. In a medium bowl, thoroughly blend sugar and orange zest, then blend in cardamom. Add butter and beat with a mixer until light and fluffy.
2. Beat egg and vanilla into sugar-butter mixture. On low speed, mix in flour.
3. Line 3 baking sheets with parchment paper. Drop batter onto sheets using a level teaspoon measure. Top each cookie with a pinch of sesame seeds or nuts if you like. Bake until crisp and brown at the edges, 10 to 12 minutes.
4. Transfer cookies to a cooling rack and let cool completely.

PER 5-COOKIE SERVING 113 Cal., 50% (57 Cal.) from fat; 1.4 g protein; 6.5 g fat (3.8 g sat.); 12 g carbo (0.3 g fiber); 46 mg sodium; 29 mg chol. LC/LS/V

HONEYDEW SPRITZ

SERVES 8 (MAKES ABOUT 2 QTS.)
20 MINUTES

This is just as refreshing as the usual melon wedges, without the sticky fingers. Orange-flower water adds a hint of the exotic.
PICNIC TIPS Tote the purée in a clamp-top bottle, and don't forget ice for glasses.

In a blender, purée chilled fruit from 1 **honeydew melon** (4 lbs.), half at a time, with ⅔ cup water. Strain. In a bowl, combine purée, ¼ cup *each* **sugar** and **lemon juice**, and ¾ tsp. **orange-flower water***. Add more sugar and lemon juice to taste. Fill glasses with **ice** and add equal parts melon purée and **sparkling water** (you'll need 1 qt.); stir. Crush 8 large **mint sprigs** in your hands and add to drinks.
* *Find with cocktail supplies.*
MAKE AHEAD *Up to 2 days, chilled.*

PER 1-CUP SERVING 64 Cal., 2% (1.4 Cal.) from fat;