Avocado Rice Caterpillar

Ingredients

1 cup cooked rice (slightly overcooked so that it is sticky)
½ avocado, skin removed
soy sauce or sesame oil for drizzling (optional)
Optional Ingredients for Decorating Caterpillar
2 chives for the caterpillar's antennae-like filaments
2 capers or anything you can use for eyes
1 sliver red bell pepper or something similar for a mouth

Tools

12-inch square piece of plastic wrap
1 sharp knife (and an adult helper)
1 piece of cardstock or a thick piece of paper (about 8" x 11")

Instructions

Place plastic wrap on a solid surface. Spoon rice on top and form into a log shape with your hands. Wrap with plastic wrap and tighten roll so that rice is compressed into a solid log form.

Unwrap your rice log and keep plastic wrap underneath.

Slice avocado crosswise into very thin strips. Gently press on avocado from one side and flatten so that it spreads out to become almost as long as the rice log.

Slide a table knife under the avocado and lift it onto the rice log.

Cover the log with plastic wrap, then place the cardstock over the top of the roll and press down gently while tucking in the sides with your fingers, so as to mold the avocado into the rice.

Lift up the cardstock. With the plastic wrap still in place, have your adult helper use a sharp knife to slice the roll into 4 pieces. Remove the plastic wrap and transfer the pieces to a plate. Add antennae-like filaments (chives), eyes and a mouth.

Drizzle with soy sauce or sesame oil, if desired.

Eat your caterpillar!

Yield 1 caterpillar—enough for 1 - 2 snack-size portions

Recipe by Bob Blumer, Kitchen Magician. Used with permission.