

## Rowdy's Rice Burgers

### Materials:

- ♥ cooked brown rice
- ♥ chopped parsley
- ♥ carrot
- ♥ salt & pepper
- ♥ garlic powder
- ♥ flour
- ♥ egg
- ♥ cooking spray
- ♥ plastic bowl for each child
- ♥ grater
- ♥ plastic spoon
- ♥ measuring spoon
- ♥ frying pan
- ♥ spatula

1. Mix 2 tablespoons cooked brown rice and  $\frac{1}{2}$  teaspoon chopped parsley.
2. Add 3 teaspoon grated carrot.
3. Add dash salt, dash pepper and dash garlic powder.
4. Mix in 1 teaspoon flour and 2 teaspoon beaten egg.
5. Fry in buttered pan. Flip.
6. Enjoy!

