

## Cicada Crispies

Since cicadas are expected to be particularly abundant in Illinois this summer, rather than settling for swatting them away for the next few months, why not satisfy your cicada sweet tooth by trying this recipe for Cicada Crispies. A combination of bugs, honey, oats, nuts, and dried fruit, each bite will provide you with all nature has to offer.

### Ingredients:

- 1 cup fresh cicadas
- 1/4 cup honey
- 2 tablespoons butter, melted
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- Pinch of salt
- 1 cup rolled oats
- 1/4 cup chopped nuts (such as almonds, pecans, or walnuts)
- 1/4 cup dried fruit (such as raisins, cranberries, or chopped apricots)

### Instructions:

- Clean and prepare the cicadas, ensuring they are free of wings and legs. If using fresh cicadas, you may want to boil them briefly in water to sanitize.
- In a small bowl, combine the honey, melted butter, vanilla extract, ground cinnamon, and a pinch of salt. Mix until well combined.
- In a separate bowl, combine the rolled oats, chopped nuts, and dried fruit.
- Dip each cicada into the honey mixture, ensuring they are fully coated.
- Then, roll the coated cicadas in the oat-nut mixture, pressing gently to adhere the ingredients to the bugs. Make sure they're evenly coated on all sides.
- To bake the Cicada Crispies, preheat your oven to 350°F. Place the coated cicadas on a baking sheet lined with parchment paper, leaving space between each bug.
- Bake for 10-12 minutes, or until the cicadas are golden brown and crispy.
- Allow the Cicada Crispies to cool on the baking sheet for a few minutes before serving.
- Enjoy?

■ Kirsten Yovino