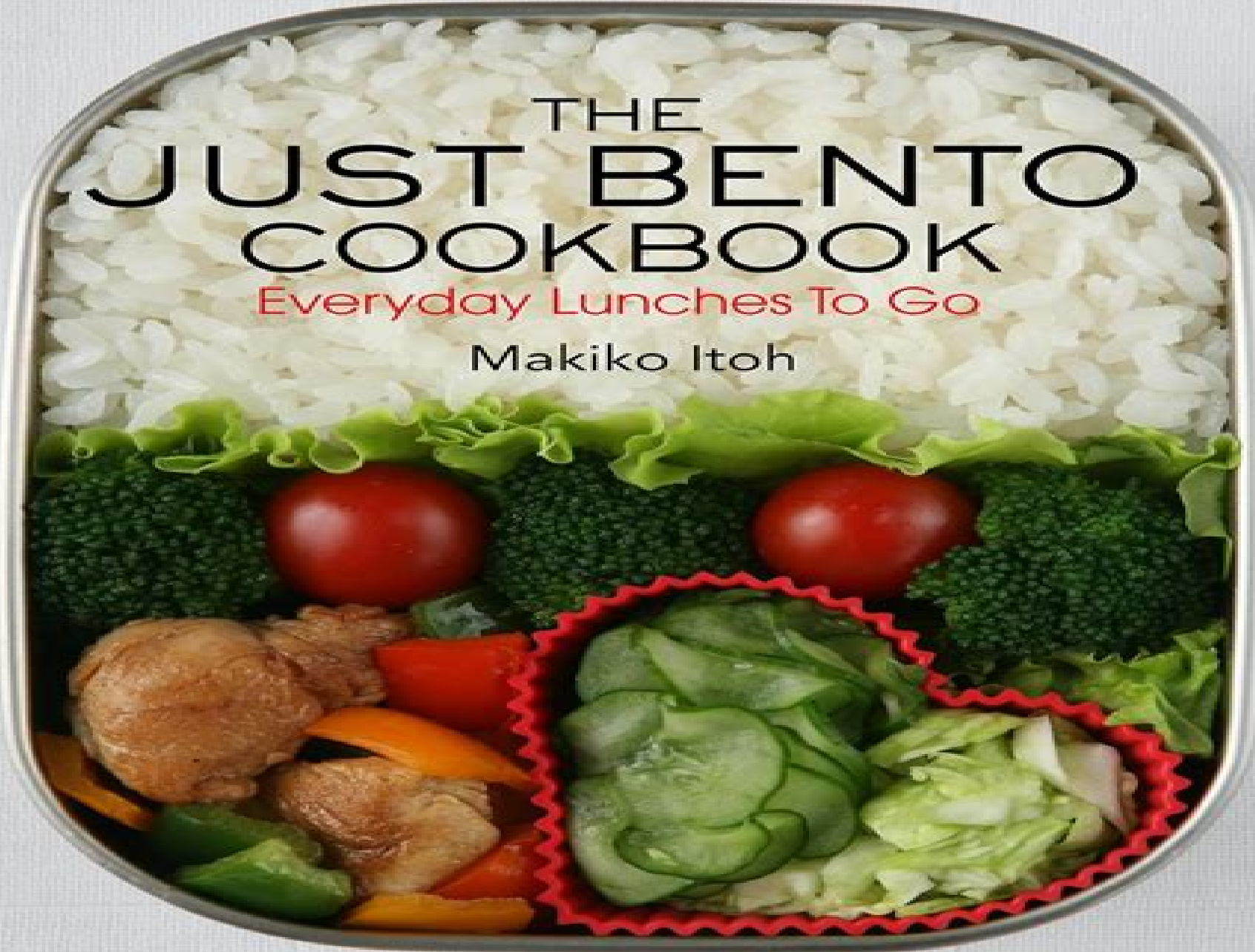




THE JUST BENTO COOKBOOK

Everyday Lunches To Go

Makiko Itoh

AS SEEN ON JUSTBENTO.COM

Just Bento Cookbook Everyday Lunches

RS Peters



Just Bento Cookbook Everyday Lunches:

The Just Bento Cookbook Makiko Itoh, 2018-12-24 Bento fever has recently swept across the West fuelled not just by an interest in cute decorative food but by the desire for an economical healthy approach to eating in these times of recession A leading light in the popularization of bento has been Makiko Itoh whose blog Just Bento boasts hundreds of thousands of subscribers all of whom love her delicious recipes and practical bento making tips Now for the first time Itoh s expertise has been packaged in book form The Just Bento Cookbook contains twenty five attractive bento menus and more than 150 recipes all of which have been specially created for this book and are divided into two main sections Japanese and Not so Japanese The Japanese section includes classic bento menus such as Salted Salmon Bento and Chicken Karaage Bento while the Not so Japanese section shows how Western food can be adapted to the bento concept with delicious menus such as Summer Vegetable Gratin Bento and Everyone Loves a Pie Bento In addition to the recipes Itoh includes sections on bento making equipment bento staples to make and stock basic cooking techniques and a glossary A planning chart section is included showing readers how they might organize their weekly bento making In a market full of bento books that emphasize the cute and the decorative this book stands out for its emphasis on the health and economic benefits of the bento and for the very practical guidelines on how to ensure that a daily bento lunch is something that can easily be incorporated into anyone s lifestyle This is the perfect book for the bento beginner but will also provide a wealth of new bento recipe ideas and tips for Just Bento aficionados

[The Just Bento Cookbook](#) Makiko Itoh, 2016-09-09 [The Just Bento Cookbook 2](#) Makiko Itoh, 2018-01-02 The author of the best selling Just Bento Cookbook is back with hundreds of delicious new Japanese lunchbox style recipes including many low carb vegetarian and vegan options that can be made quickly and without a lot of fuss The passion for bento boxes shows no signs of letting up Leading the way in popularizing these compact and portable boxed meals has been Makiko Itoh blogger extraordinaire and author of the perennial bestseller The Just Bento Cookbook Itoh was instrumental in spreading the word that bentos are perfect for busy adults on the go they don t have to be cute and they don t have to take a lot of planning or prep time in order to be tasty nutritious and economical In THE JUST BENTO COOKBOOK 2 Make Ahead Lunches and More Itoh offers hundreds of new recipes for bento friendly dishes The premise of this second cookbook is that anyone can make delicious healthy bentos quickly and easily Itoh focuses on three types of bentos with specific and appealing benefits bentos that can be made ahead of time express bentos that can be put together fast using components right off the shelf or out of the refrigerator and bentos for special dietary needs Full color photos accompany the directions and showcase the finished dishes THE JUST BENTO COOKBOOK 2 opens with Itoh s basic bento rules revised to reflect comments she s heard from her many fans after the first book came out Build Up Your Stash explains why having some items ready to pack up and go is the key to stress free bento making Here are tips on making foods that store well organizing storage space the best containers to use for different foods what store bought items to have on hand etc

The first section Make Ahead Bentos features recipes for a wide variety of dishes that can be prepared the night before or first thing in the morning Here are different kinds of meatballs and burgers including both Western versions and Japanese variations mouth watering chicken pork beef egg and fish dishes a section on Tofu and Vegan treats such as Ginger Tofu Teriyaki and Green Lentils and Brown Rice and recipes for Rice Sandwiches such as Egg wrapped Rice Sandwich with Bacon Rice Filling A special section of Low Carb recipes based on shirataki noodles and konnyaku konjac offers fun and creative ways to use this no cal no carb no sugar gluten free miracle noodle in dishes like Rice and Shirataki Pilaf with Shrimp Shirataki Chicken Ramen in a Lunch Jar and Shirataki with Sesame Express Bentos presents very quick to assemble boxes comprised of foods that don t require detailed recipes and don t rely on pre homemade items From Mediterranean Pasta and Yakisoba bentos to a Deconstructed Taco Salad and Stir fry Bento the ideas here will prove to be lifesavers for busy people who need to get out of the house in a hurry but still want their flavorful filling and healthy lunch Other new and exciting additions to this second volume include an entire section of recipes for Vegetable Side Dishes Roast Asparagus with Balsamic Vinegar Spicy Broccoli and Potato and Corn Salad and one for Japanese Vegetable Side Dishes Buttery Kabocha Squash Crunchy Stir fried Soy Beans Hijiki Seaweed with Garlic Recipes for different versions of dashi will help readers keep a supply of this staple ingredient at the ready And advice on tools and equipment types of bento boxes and accessories as well as a glossary and resource section will ensure that preparing bentos is as enjoyable as eating them

The Just Bento Cookbook 2 Makiko Itoh, 2019-06-19 The author of the best selling Just Bento Cookbook is back with hundreds of delicious new Japanese lunchbox style recipes including many low carb vegetarian and vegan options that can be made quickly and without a lot of fuss The passion for bento boxes shows no signs of letting up Leading the way in popularizing these compact and portable boxed meals has been Makiko Itoh blogger extraordinaire and author of the perennial bestseller The Just Bento Cookbook Itoh was instrumental in spreading the word that bentos are perfect for busy adults on the go they don t have to be cute and they don t have to take a lot of planning or prep time in order to be tasty nutritious and economical In THE JUST BENTO COOKBOOK 2 Make Ahead Lunches and More Itoh offers hundreds of new recipes for bento friendly dishes The premise of this second cookbook is that anyone can make delicious healthy bentos quickly and easily Itoh focuses on three types of bentos with specific and appealing benefits bentos that can be made ahead of time express bentos that can be put together fast using components right off the shelf or out of the refrigerator and bentos for special dietary needs Full color photos accompany the directions and showcase the finished dishes THE JUST BENTO COOKBOOK 2 opens with Itoh s basic bento rules revised to reflect comments she s heard from her many fans after the first book came out Build Up Your Stash explains why having some items ready to pack up and go is the key to stress free bento making Here are tips on making foods that store well organizing storage space the best containers to use for different foods what store bought items to have on hand etc The first section Make Ahead Bentos features recipes for a wide variety of dishes that can be prepared the night

before or first thing in the morning Here are different kinds of meatballs and burgers including both Western versions and Japanese variations mouth watering chicken pork beef egg and fish dishes a section on Tofu and Vegan treats such as Ginger Tofu Teriyaki and Green Lentils and Brown Rice and recipes for Rice Sandwiches such as Egg wrapped Rice Sandwich with Bacon Rice Filling A special section of Low Carb recipes based on shirataki noodles and konnyaku konjac offers fun and creative ways to use this no cal no carb no sugar gluten free miracle noodle in dishes like Rice and Shirataki Pilaf with Shrimp Shirataki Chicken Ramen in a Lunch Jar and Shirataki with Sesame Express Bentos presents very quick to assemble boxes comprised of foods that don t require detailed recipes and don t rely on pre homemade items From Mediterranean Pasta and Yakisoba bentos to a Deconstructed Taco Salad and Stir fry Bento the ideas here will prove to be lifesavers for busy people who need to get out of the house in a hurry but still want their flavorful filling and healthy lunch Other new and exciting additions to this second volume include an entire section of recipes for Vegetable Side Dishes Roast Asparagus with Balsamic Vinegar Spicy Broccoli and Potato and Corn Salad and one for Japanese Vegetable Side Dishes Buttery Kabocha Squash Crunchy Stir fried Soy Beans Hijiki Seaweed with Garlic Recipes for different versions of dashi will help readers keep a supply of this staple ingredient at the ready And advice on tools and equipment types of bento boxes and accessories as well as a glossary and resource section will ensure that preparing bentos is as enjoyable as eating them

Teen Services

101: A Practical Guide for Busy Library Staff Megan P. Fink, 2015-02-02 Need to amp up teen services but you re short on time or not sure where to start Teen Services 101 A Practical Guide for Busy Library Staff provides useful information that will help staff put together a basic teen services program with minimal time and hassle The author Megan Fink along with contributions from Maria Kramer provides practical tips and instructions on how to build core teen services into the overall library program Whether you re a new teen services librarian or staff in a one person library this how to guide on teen services can help you effectively serve teen patrons Let s face it teens are sometimes overlooked by libraries when it comes to services and programs However there are over 42 million teens in the US which makes them a sizeable and important demographic to serve Many of today s teens are struggling More are living in poverty than before and nearly 7 000 teens drop out of high school per day By setting aside some time to increase your library s focus on teens you will be providing a vital service and positioning your library as an indispensable part of the community The resources and information in this book can help you achieve that

The Miracle of Salt Naomi Duguid, 2022-10-25 James Beard Award Finalist A mesmerizing mix of recipes and food history Publishers Weekly STARRED REVIEW Duguid has a scholar s love of research a cook s hunger and a journalist s talent for storytelling The recipes are from all over the world and her knowledge is staggering Simply brilliant Diana Henry The Telegraph U K The Best Cookbooks to Buy in Autumn 2022 Naomi Duguid who s taken food lovers to many corners of the globe now invites readers and cooks on a very different journey a deep dive into the miracle of salt and its essential role in preserving fermenting and transforming food Learn age old techniques for making

sauerkraut miso butter prosciutto kimchi salt fermented pickles basturma salt preserved lemons brined eggs and much more Create a vibrant salt pantry filled with enticing blends of salt and spices and with easy condiments and preserves such as Spiced Green Mango Pickle and Dried Shrimp and Garlic Chutney Read about essential salt preserved flavorings such as soy sauce fish sauce pickled plums salted anchovies and salt cod The wide range of international recipes that follow invite you to use this umami rich larder of salt preserved ingredients and salted flavorings to transform vegetables soups mains pasta dishes and desserts Orange and Black Olive Salad balances tangy and salty Black Bean Sauce adds intense flavor to stir fries Bacalao Tortilla is a nod to salt cod as a cornerstone of European kitchens Shio Koji a simple salt fermented ingredient flavors grilled vegetables and other foods with subtlety and power Kebabs marinated with a blend of pomegranate molasses and fish sauce are a triumph of salty sweet tart umami And there s nothing like a layer of saltiness to bring out the best in sweets and desserts from Creamy Candied Ginger and Miso Ice Cream to Yogurt Cake with Salted Lemon and Nuts from Breton Salted Butter Cake to Miso Cookies with Dark Chocolate Chips Working with salt preserved and salt fermented ingredients not only opens up a rich new world of flavors and techniques but also offers cooks the gift of connecting with generations of culinary wisdom *120+ Bento Recipes Cookbook - Everyday Japanese Lunchbox Magic* Monika Shah,2025-06-26 120 Bento Recipes Cookbook Everyday Japanese Lunchbox Magic If you re tired of the same boring lunches or just want to try something fun this book s going to change the way you think about food prep 120 Bento Recipes Cookbook is packed with easy tasty and totally doable Japanese lunchbox recipes Whether you re just getting into bentos or you ve been making them for a while you ll find loads of ideas to keep things interesting every single day Inside you ll get All the basics on how to build a proper bento what to include how to balance flavors and how to keep things fresh Classic recipes like Teriyaki Chicken Onigiri Miso Salmon and Pork Katsu all the stuff you know and love Fun twists like Taco Sushi Rolls Avocado Toast Onigiri and even Nacho Nori Wraps Yes they sound wild but they work Sweet stuff too Matcha Cookies Miso Caramel Pudding Green Tea Madeleines perfect for finishing things off right Quick sides pickles salads and drinks that actually go with your meals we re talking real life combos not just filler Plus a bunch of smart tips for packing bentos that hold up well if you re eating on the go You ll also find special recipes for holidays fun fruit ideas and a few personal go to bento meals from the author Bottom line These recipes aren t complicated You don t need fancy tools And you definitely don t need hours in the kitchen This is everyday bento for real life with flavor that hits Grab your copy now and start making lunches you ll actually look forward to Your lunchbox is about to get a serious upgrade **Food and Everyday Life** Thomas M. Conroy,2014-02-18 Food and Everyday Life provides a qualitative interpretive and interdisciplinary examination of food and food practices and their meanings in the modern world Edited by Thomas M Conroy the book offers a number of complementary approaches and topics around the parameters of the ordinary everyday perspective on food These studies highlight aspects of food production distribution and consumption as well as the discourse on food Chapters discuss examples ranging from the cultural meanings

of food as represented on television to the practices of food budgeting to the cultural politics of such practices as sustainable brewing and developing new forms of urban agriculture A number of the studies focus on the relationships between food eating practices and the body Each chapter examines a particular and in many instances highly unique food practice and each includes some key details of that practice Taken together the chapters show us how the everyday practices of food are both familiar and yet at the same time ripe for further discovery

Real Japanese Cooking Makiko Itoh, 2025-08-05 Maki Itoh has succeeded in creating a treasure trove in her exploration of Japanese recipes and culinary traditions Perfect for the Japanese food loving home cook Elise Bauer Founder SimplyRecipes com The first comprehensive cookbook to fully cover all aspects of Japanese cuisine with 600 recipes This book is the culmination of a lifetime steeped in two cultures Born in Tokyo and raised in New York Makiko Itoh grew up in the heart of her mother's acclaimed Japanese restaurant a culinary landmark for over twenty years Now a celebrated bilingual food writer and translator she brings a rare perspective uniquely equipped to bridge the gap and share the soul of Japanese cuisine with the world Her book provides answers to all the questions that people usually ask about one of the world's greatest cuisines including Why is Japanese food so unique This book provides a full overview from aesthetics to umami Essential ingredients like miso mirin dashi sake and kombu how and why are they used How to prepare and serve a Japanese meal from cookware to tableware and etiquette Which recipes are right for you the 600 recipes in this book cover everything from sushi to ramen to donburi rice bowls nukazuke pickles and Japanese bread Itoh's mission is to demystify Japanese cuisine for non Japanese home cooks Her book contains 400 beautiful color photos with clearly presented recipes interspersed with fascinating essays and sidebars explaining all aspects of Japan's unique food culture A must read book for every Japanese food lover

Bento für jeden Tag Makiko Itoh, 2016-09-16 Bento Boxen

liegen voll im Trend Mit der japanischen Form der Tupperware die oft mit mehreren Fächern für verschiedene Speisen ausgestattet ist können Sie jeden Tag ein gesundes selbst gemachtes Mittagessen genießen Bento für jeden Tag enthält über 150 Rezepte aus denen die Autorin 25 kreative Mahlzeiten zusammenstellt und zeigt Ihnen neben klassischen japanischen Bentos wie Reis mit in Panko panierten Shrimps auch wie Sie dieses Konzept für die westliche Ernährung umsetzen können Zusätzlich geht Makiko Itoh auf die verschiedenen Arten von Bento Boxen ein erklärt die grundlegenden Kochtechniken und zeigt wie Sie eine ganze Bento Woche im Voraus planen Dieses Buch liefert die Grundlagen für Bento Anfänger aber auch viele neue Rezeptideen für geübte Bento Liebhaber So können Sie mit wenig Aufwand ein tolles Menü zubereiten

Le Mariage: Fake Love (Aku, Suamiku, dan Gunpla-nya) Shireishou, 2017-11-20 Jika menikah seolah dijadikan pertandingan Jika menikah diharuskan karena usia yang terus bertambah Jika menikah hanya untuk membungkam pertanyaan yang terus berulang Jika menikah tak didasari cinta Akankah bahagia tercipta Delan sang maniak Gunpla Gundam plastic memutuskan menikah dengan Arlin sang maniak bento dengan sebuah janji Menikah hanya untuk menyenangkan orang tua masing masing Tidak saling usik satu sama lain meski tinggal secepat Ketika kehidupan pernikahan aneh itu dimulai kedua orang tua mereka

meminta cucu secepatnya Akankah permintaan itu mengubah kehidupan pernikahan mereka Akankah cinta hadir di antara mereka Aku Suamiku dan Gunpla nya Akankah cinta bertaut **Japanese Bento Cookbook** Carla Hale,2018-08-05

Creating one s own bento boxes has become a popular past time in the West not only by a desire to create cute and healthy lunches but by the desire to take on a healthy approach to lunch time If you have always wanted to make your own bento boxes then you have certainly come to the right place Inside of this Japanese Bento Cookbook you will learn to make authentic bento recipes such as Chocolate Chip Energy Balls Crunch Asian Salad Green Spinach Muffins Carrot Applesauce Spiced Carrot Muffins Peanut Butter and Cinnamon Popcorn Apple and Cranberry Oatmeal Strawberry and Squash Salad and even more So what are you waiting for Grab a copy of this Japanese bento cookbook and start making your favorite Japanese bento recipes as soon as today *The Bento Cookbook* Martha Stone,2014-08-13 Japanese food is definitely delicious and healthy to boot Their bento box dishes are also artistic and epitomize eye candy With this bento box book recipe you will get to learn how to pack mix and match Japanese recipes for your hubby s kids or your lunch box **Everyday Bento** Wendy Copley,2014-03-04 Who knew lunch packing could be this much fun Everyday Bento is packed with inspiring ideas that have me looking forward to packing lunches for my kids The photos are so delightful I have a whole new perspective on what can go into a lunchbox Whitney Moss co author of The Rookie Moms Handbook and Stuff Every Mom Should Know Studio Ghibli Cookbook Minh-Tri Vo,2022-10-25 Create delicious dishes from My Neighbor Totoro Howl s Moving Castle and more with this cookbook inspired by the stunning worlds of Studio Ghibli Whether they offer a moment of family bonding comfort in difficult situations or pesky temptations the kitchen scenes are always of central importance in Studio Ghibli films Now with Studio Ghibli The Unofficial Cookbook you can recreate more than twenty of these movie inspired recipes in your own home Featuring recipes such as the sumptuous bento from My Neighbor Totoro the herring and pumpkin pie from Kiki s Delivery Service the red bean buns from Spirited Away and more Studio Ghibli The Unofficial Cookbook is a must have culinary tribute to Studio Ghibli s greatest masterpieces 20 RECIPES More than 20 Studio Ghibli inspired recipes including the red bean buns from Spirited Away ramen from Ponyo and more STUNNING IMAGES Beautiful full color photos of the finished dishes help ensure success BRING THE WORLD OF STUDIO GHIBLI INTO YOUR KITCHEN Discover dishes inspired by acclaimed films such as Howl s Moving Castle Ponyo Princess Mononoke Nausica of the Valley of the Wind and more FOR ALL SKILL LEVELS Easy to follow recipes and everyday ingredients make this the perfect cookbook for beginner and experienced chefs alike PERFECT GIFT FOR STUDIO GHIBLI FANS Studio Ghibli The Unofficial Cookbook is a fantastic gift for the Studio Ghibli and Hayao Miyazaki enthusiasts in your life *The Everyday Athlete Cookbook* America's Test Kitchen,2022-05-31 Finally a cookbook for people who love food as much as they love fitness ATK helps you eat delicious pre workout post workout and maintenance meals to reach your goals improve your health and feel your best Whether you play tennis for fun hit the weights after work are a regular runner or yogi or are aspiring to be more active you

are an everyday athlete and eating right to fuel that fitness will up your performance and enjoyment In conjunction with clinical dietitian and nutritionist Alicia Romano we developed recipes to give you energy and endurance for the activities you love using science backed levels of carbohydrates protein and healthful fats plus tons of flavor You ll learn what to eat when and in what portions pre workout post workout for snacks and on every day in between 1 Pre workout meals that fuel your exercise fill up on Pumpkin Spice Waffles with Yogurt and Blueberries to get pumped for your exercise of choice 2 Post workout meals that promote recovery enjoy Lamb Meatballs with Lemony Wild Rice and Artichokes once you re done for the day to help repair your muscles and replenish your body 3 Energizing snacks drinks to optimize your performance try our homemade Powerade to energize your workout while cutting out excessive sugar If you think food tailored to workouts requires sacrificing enjoyment these meals will be a refreshingly delicious upgrade You ll look forward to simple to make yet tasty dishes such as One Pan Coffee Rubbed Steak with Sweet Potatoes and Apples or even favorite snacks like Raspberry Fruit Leather and Brown Rice Balls with Spinach and Edamame This isn t just a recipe book Everyone s health requirements and routines are a little different To help customize your meals to your eating and exercising needs we ve packed our recipes with make ahead and storage information so you can make your favorite foods in advance Plus we ve included menus for dietary specifications like plant based or dairy free Every recipe is flavorful and quick to make What won t you find in this book Demonizing definitions of bad food or restrictive diets Let America s Test Kitchen help you reach fitness goals while eating right and good

Bento Yuko,Noriko,2020-09-01 From the creators of the website Japanese Cooking 101 Bento a newly reformatted edition of Simply Bento is a complete collection of over 50 delicious and healthy box lunch ideas for everyone in the family Ready to make lunch quick easy and tasty Japanese bento boxes are single portion packed lunches perfect for anyone looking to save money and eat a balanced satisfying meal for lunch every single day Bento features over 100 healthy and delicious recipes including mains and sides that you can make every day of the week and mix and match using a combination of traditional and nontraditional ingredients Learn about different types of bento boxes and accessories how to assemble your box and everyday items you will need in your pantry as well as how to plan ahead so that your morning prep is a breeze Bento shows you the finer points of bento making and there is something for everyone Classic Japanese Bento Sandwich Bento Sushi and Onigiri Bento Noodle Bento Popular Japanese Bento 10 Minute Bento Rice and Grain Bowl Bento Low Carb Bento Vegan Bento Bento for Special Occasions including for the first day of school and Halloween Bento at Home So if you re in the mood for Chicken Teriyaki Ramen Shrimp Avocado Pasta Salad Cauliflower Fried Rice Falafel Sweet and Sour Meatballs Tempura or Chicken Nuggets for the kids Bentohas the recipes plus much more

Recipes Cookbook for Beginners: Jonathan K. Hari,2025-06-23 Recipes Cookbook for Beginners Simple and Delicious Dishes for Every Meal Cooking at home doesn t have to be complicated or overwhelming Whether you re stepping into the kitchen for the first time or looking to refine your culinary skills this book is your go to guide for creating flavorful satisfying meals with ease Packed

with 158 beginner friendly recipes this cookbook takes you from the basics to impressive dishes without the stress Inside This Book You ll Discover Breakfast Made Easy Quick Delicious Morning Meals The Art of the Sandwich Simple Satisfying Lunches Soup Salad Basics Light and Healthy Meals One Pan Wonders Easy Dinners with Minimal Cleanup Pasta Perfection Beginner Friendly Italian Classics Sweet Tooth Satisfaction Easy Desserts for Beginners Meal Prep Planning Save Time Eat Better From comforting classics to quick and nutritious bites each recipe is designed with step by step instructions accessible ingredients and helpful tips to build confidence in the kitchen Whether you re preparing a simple breakfast a hearty dinner or a sweet treat you ll find everything you need to cook with ease Scroll Up and Grab Your Copy Today **The Little**

Lunchbox Cookbook Renee Kohley,2020-08-04 Exciting Whole Food Lunches You ll Be Proud to Pack and That Kids Will Love to Eat 60 Recipes and 60 Photographs Plus a Bonus Chapter of Homemade Healthy Staples Pack your child a healthy tasty lunch the easy way Each lunchbox focuses on just one nutrient dense homemade component that can be prepped ahead of time for easy grab and go options on busy days Prep a big batch of Carnival Copycat Corn Dogs and stick them in the freezer they ll defrost just in time for lunch Make The Best Chinese Takeout Copycat for dinner one night and you can pack the leftovers in the kids thermoses later that week And what could be easier than letting your child assemble their own lunch with a chapter full of healthy Lunchables copycats From Pizza Lunchables Copycat featuring whole food pizza crust and customizable toppings to Easy Homemade Cracker Stackers Lunchables Copycat you ll find tons of ideas to make lunchbox prep fun nourishing and practical Renee Kohley author of Nourished Beginnings Baby Food has compiled this delicious allergen friendly collection of gluten free lunches to make sure every child has the energy they need to power through the busy school day Fill a lunchbox with no fuss sides like seeds crackers and fresh fruits with a single from scratch item for a balanced meal that your kids will be excited to eat With so many great choices you ll never have to wonder what you should pack for lunch again All recipes are gluten free and allergen friendly *Real Bento* Kanae Inoue,2020-04-07 A collection of family friendly easy and inexpensive recipes used and honed over many years by Japanese mom Kanae Inoue Real Bento is packed with the time saving tricks that allow you to make bento box lunches each morning in just 10 minutes using ingredients and recipes that will satisfy the whole family The recipes are presented by flavor type and key ingredient so it s easy for parents to find dishes their kids will love In Real Bento Inoue presents 200 recipes divided into main dishes and sides for 22 completed bento boxes The colorful photos and step by step instructions make this an incredibly practical and easy to use resource for busy households In her recipes Inoue places great emphasis on healthy fresh and colorful foods that look and taste great when presented together Her recipes include Japanese favorites and original recipes like Teriyaki Chicken Stuffed Bell Peppers Ginger Salmon Broccoli and Pasta Salad Beef and Egg Stir Fry Inoue got hooked on bento fifteen years ago when she began making daily bento box lunches for her husband and herself to take to work and later for their three children to take to school She sees bento box lunches as a way of saving money and getting her family to eat

fresher healthier meals This beginning bento book is a perfect tool for getting lunches packed and a family out the door on a busy morning

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Just Bento Cookbook Everyday Lunches Introduction

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