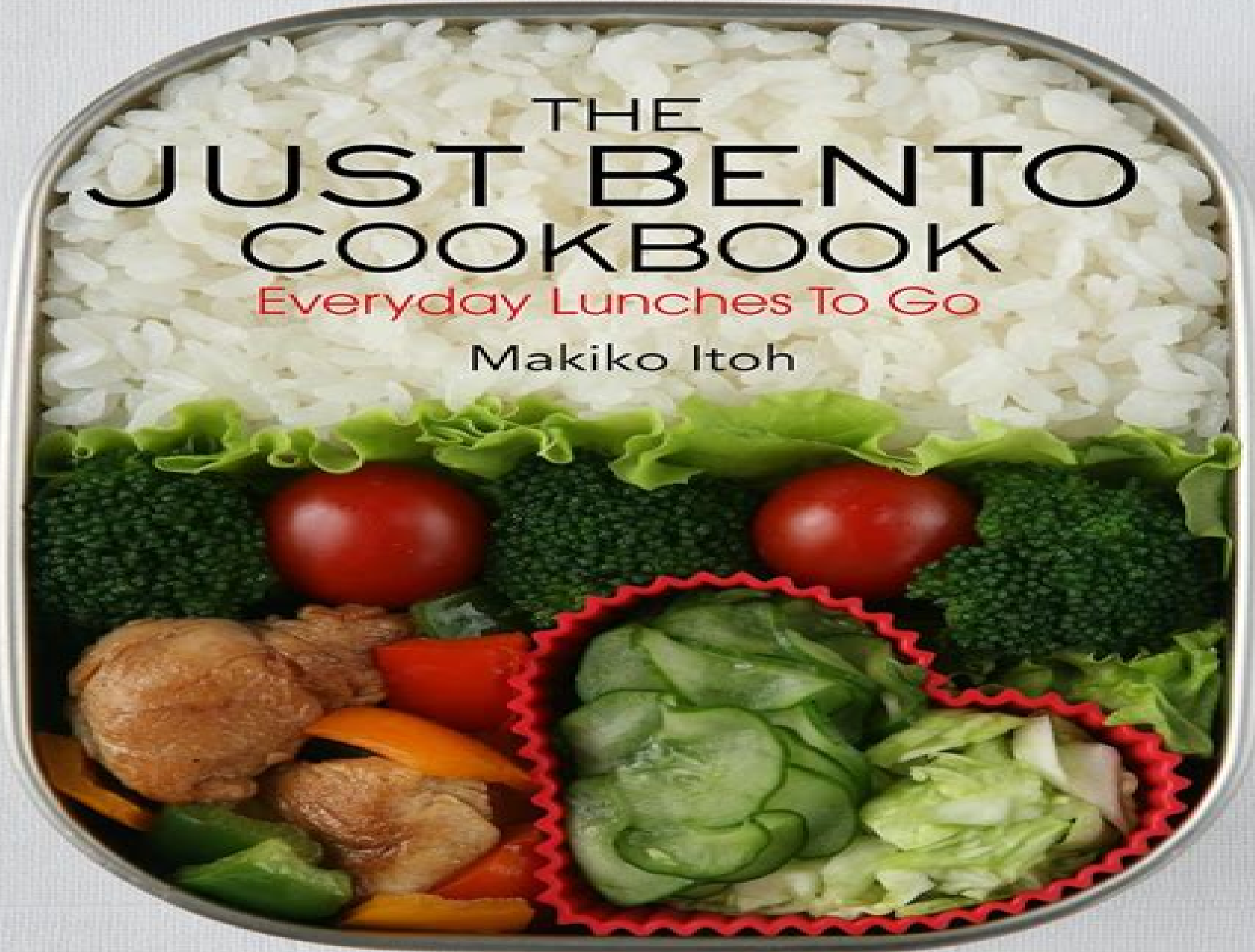




# THE JUST BENTO COOKBOOK

Everyday Lunches To Go

Makiko Itoh

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# The Just Bento Cookbook Everyday Lunches To Go

**Kanae Inoue**



## **The Just Bento Cookbook Everyday Lunches To Go:**

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 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 **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 *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 **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 **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 **The Simplified Bento Cookbook** Karina Dekle,2021-02-11 How can you create tasty dishes that will replace unhealthy fast food meals Many people are fun of eating unhealthy foods at certain times of the day especially during the lunch hour The urge and craving to eat snacks burgers and processed foods come so strong that you may sometimes feel guilty Now whenever this happens it can lead to dizziness and sometimes a loss of interest at work Are you seeking to lead a healthy lifestyle I want to let you understand that it s a gradual process Everything can be a well thought out plan as nothing beats this When you adopt this approach in no time you shall begin to notice the changes you crave within and around your life Taking these baby steps helps a lot Instead of waking up tired you become stronger and better So when next you wake up try preparing some healthy meals as you will soon discover in this Bento cookbook guide In this Gourmet Bento Book you will discover a total of 25 easy meals that are so healthy Are you eager to become a master bento boxer There are so many meals to choose from and I encourage you to quickly purchase a copy of this book and read through all we have here Look at the Cooking time and other things necessary to make things happen *Simplified Living with a Japanese Bento Cookbook* Molly Mills,2019-05-27 If you are always on the road or preparing lunch for work and for school for the kids you know the struggle to always thinking about what to cook next Cooking the same dishes and combining different food to assemble a lunch box can be a real burden if you don t have the right help and that is a cookbook Well this cookbook is what you need if you want to simplify your life and save time while you prepare the lunch boxes This is a Japanese Bento Cookbook Haven t heard about Bento box Well Bento box is a packed food at home for one person Usually the meals are square shaped divided and assembled as one bento box Why cooking just classical lunch boxes when you can enjoy Japanese dishes rich with many flavors and cooked for a very short time You can use the recipes from this book to prepare yourself for amazing picnics for when you are traveling or just for work or school In fact you can use the bento box recipes whenever you need a fast simple and yet flavorful meal on the go In this book Delicious simple and fast Bento Box Recipes Japanese recipes with distinct flavors Simple step by step instructions Easy to find and cheap Ingredients **Bento Cookbook** Valeria Ray,2020-01-13 Looking for quick and easy lunch options This Bento Box Cookbook will teach you to make creative mix and match recipes for easy lunch time Inside the

recipe book you'll find 3 categories Protein Base and Side Feel free to dive in and customize your lunch recipes Most of the recipes can be made ahead in big batches for easy meal prep throughout the week So let's get started *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 Bento Cookbook Andrew Chang,2016-08-17 Get 35 Unforgettable Bento Box Recipes You've come to this page really at the right time as we are offering a great discount for this book What's a Bento Box You Ask Bento composed or obento to utilize the honorific term is the Japanese word for a dinner served in a crate Past that fundamental definition however pretty much anything goes with reference to what sort of box or compartment is utilized and in addition what is put inside that crate Here Are The Bento Recipes Inside This Bento Cookbook 1 Delicious Grilled Chicken Salad with Spinach and Barley 2 Delicious Fry Tofu with Sweet Asian Sauce 3 Tasty Thai Chili Salmon with Coconut Rice Bento 4 Delicious Bruschetta Lentil Salad 5 Delicious Salmon and Marinated Shrimp Salad 6 Delicious Sushi Sandwiches 7 Amazing Bento Box Lunch 8 Bento Box Lunch 2 9 Bento Box Lunch 3 10 Bento Box Lunch 4 11 Bento Box Lunch 5 12 Delicious Chicken Meatball Bento 13 Amazing Sanshoku Bento 14 Delicious Hamburger Steak Bento 15 Delicious Polenta 16 Healthy Cucumber and nashi marinated salad 17 Amazing Walnut miso for blanched vegetables 18 Bento Amazing Lunch 19 Delicious Chicken with Garlic 20 Tasty Chicken Breast 21 Tasty Chicken Satay with Peanut Dipping Sauce 22 Tasty Chicken with Vegetables and Brown Rice 23 Chicken Breast with Wild Rice 24 Delicious Grilled Teriyaki Chicken 25 Chai Spiced Tasty Pear Applesauce 26 Amazing No Bake Fruit Pizzas 27 Amazing Cucumber Mango Salsa 28 Amazing Konnyaku Kinpira 29 Amazing Eggplant Recipe 30 Delicious Carrot Cake with Zucchini Bread 31 Delicious Peanut Butter with Jelly Cups 32 Amazing Bento Box Eggs 33 Box of Delicious Chocolate Bento 34 Japanese Spanish Recipe 35 Delicious Sasebo Burger Bento Box What Makes These Bento Recipes So Good Healthy These bento box recipes will help you maintain your daily calorie intake as these recipes are healthy and free from unhealthy fats with each bento recipe containing a balanced amount of

carbohydrates and proteins Who Is This Book For These bento recipes are suitable for both kids and adults There are clear instructions given where you can substitute one ingredient with another or the tools that are required to make a particular recipe and the substitute if you don t have that tool available Pick up this cookbook today and get ready to make some great tasting bento box recipes Related Searches bento cookbook bento recipes bento boxes bento recipe book free bento recipes bento lunch recipes free bento cookbook bento

**Bento Cookbook** Gordon Rock,2015-04-08 This bento cookbook contains 30 recipes to make your lunchtime colorful and full of nutrition These bento box recipes will help you maintain your daily calorie intake as these recipes are healthy and free from unhealthy fats with each bento recipe containing a balanced amount of carbohydrates and proteins These bento recipes are suitable for both kids and adults There are clear instructions given where you can substitute one ingredient with another or the tools that are required to make a particular recipe and the substitute if you don t have that tool available All in all this cookbook is your complete guide towards portion control

**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

**Little Bento** Michele Olivier,2016-08-09 Trust me when I tell you Little Bento is going to change your lunch game This will revolutionize your lunch whether you need to pack a lunch for school day trips the office or simply need some inspiration for when you re at home You NEED this book Toddler and Toast blog Your challenge Packing a healthy lunch for your picky little eater Your solution The bento box Little Bento is your ultimate bento guide to planning preparing and assembling yummy wholesome easy bento box lunches that your kids will actually eat Say buh bye to the stress of getting your kids to eat and hello to the deliciously simple bento box with Over 100 seasonally inspired bento recipes and 32 photos of fully assembled bento boxes for easy guidance Expert guidance from mom food blogger and bestselling author of Little Foodie Michele Olivier who shows you how to make

balanced bento meals using the 1 selling kids lunch box A weekly bento meal planning worksheet with helpful tips for planning your bento lunches in advance Quick reference bento ingredient lists assist in making safe decisions for food sensitive or allergic eaters We started a new daycare program where I have to bring my own lunches and Little Bento has totally saved my life Not only do I love the bento recipes for our son I love some of them for myself Lots of great options to make for dinner and use as lunch the next day I also love that its divided into sections by season Little Bento is a must have for parents looking to get out of a lunch rut and make sure their kids are getting great wholesome foods C Webster Amazon Customer *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 **Simple Bento Cookbook for Everyone** Allie Allen,2019-08-06 Are you a big fan of Japanese food If you really are then you will be amazed by these Bento Box Lunchbox Recipes You will find a total of 25 easy meals that are so healthy The best thing is that you can pack them in your lunch box and just get it when you are on the go This will save you during your busy days when eating healthy is your priority If you always prepare a lunch box for you and your kids this cookbook will be of huge help Keep in mind that you will cut down on budget while eating tasty and nutritious foods at the same time This is an awesome way to avoid processed foods and rely on homemade meals Hurry up and use the discount **Japanese Bento Recipes** Ken Sato,2016-01-28 The Japanese Bento is extremely popular in Japan and is also starting to show signs of popularity outside of the country as well The term Bento was originally used for portable foods that required little hassle to prepare at home The culture of eating a Bento has existed for a very long time in Japan Schools with cafeterias are rare in Japan so most students bring Bentos made by their mothers for lunch 35% of business people also go to work each day with a Bento made either by themselves or their family The secret ingredient found in every Bento made by your family is love When people in Japan enjoy their Bento it is customary to feel a sense of gratitude towards the person who made it for them In this book we ll introduce recipes for Bentos that you can make using popular ingredients found in your refrigerator Popular Bento dishes include white rice grilled fish or meat tamagoyaki and pickled vegetables or plums You can include white rice as it is turn it into a rice ball or wrap it in fried tofu for inari sushi Bento boxes come in all shapes and sizes and some include features such as insulation For appearance you can find everything from solid colors Japanese styled designs and even boxes with popular mascots printed on them You can find the perfect Bento for you by doing a search on Amazon for Japanese Lunch Box Through this book we hope that more people will and enjoy healthy meals by learning about the Japanese culture of Bentos [Bento Recipe Book](#) Brad Hoskinson,2022-08-06 If you re looking for a fun easy way to get started in the world of bento cooking look no further than the Bento Recipe Book With recipes for everything from simple vegetable side dishes to complete bento box lunches this cookbook makes it easy to create delicious and healthy meals that will please even the most discerning palate

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