

The Just Bento Cookbook Everyday Lunches To Go

In *Everyday Harumi*, now reissued as an attractive jacketed paperback, Harumi Kurihara, Japan's most popular cookery writer, selects her favourite foods and presents more than 60 new home-style recipes for you to make for family and friends. Harumi wants everyone to be able to make her recipes and she demonstrates how easy it is to cook Japanese food for every day occasions without needing to shop at specialist food stores. Using many of her favourite ingredients, Harumi presents recipes for soups, starters, snacks, party dishes, main courses and family feasts that are quick and simple to prepare, all presented in her effortless, down-to-earth and unpretentious approach to stylish living and eating. Every recipe is photographed and includes beautiful step-by-step instructions that show key Japanese cooking techniques. Texture and flavour are important to Japanese food and Harumi takes you through the basic sauces you can make at home and the staples you should have in your store cupboard. Photographed by award-winning photographer Jason Lowe, this warm and approachable cookbook invites you to cook and share Japanese food in a simple and elegant style.

Make mealtimes healthier and more mindful with beautiful, balanced bento

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boxes. A carefully assembled bento box can bring joy to even the most stressful day. Learn the craft of bento, eat well, and save money with this introduction to the Japanese style of boxed lunch. With a mix of Japanese, Chinese, and fusion bentos, there are recipes to appeal to every palate. Prepare one of 30 bento box meals, or mix and match over 60 different recipes to create your own bento box combinations. Helpful tips for prepping ahead and making efficient use of kitchen time means you can have beautiful bentos packed and ready to go quickly each morning. -Something for everyone--includes meat, poultry, and fish bentos as well as vegetarian and vegan options. -Easy to prepare--simple recipes with clear instructions and easily sourced ingredients -Low cost--save money by preparing bento meals at home instead of eating out -Calorie conscious--built-in portion control with fewer than 500 calories per bento box meal

A bento box meal (single portions of different foods packed in one reusable container) is a Japanese tradition that lends itself well to today's busy lifestyle. Although bento boxes are available to take out from restaurants and food stands, they are most frequently prepared at home, very often by parents wishing to provide their children with delicious, healthy, fun--and environmentally-responsible--lunch and snack-time alternatives. Kawaii Bento Boxes offers dozens of recipes and menus. For each box, the authors include detailed

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instructions for cooking, seasoning, decorating and assembling the components as well as an icon indicating how long it will take to prepare. The meals are not just easy to make, they are tasty, nutritious and economical, with each portion carefully calculated so that there are no leftovers. There are also suggestions for the right container for each meal. Most of the ingredients used are familiar and available to American cooks. Here are whimsical creations like soccer balls and animal faces made from shaped rice, tulips cut from dyed hardboiled eggs, hearts and stars carved out of vegetables, and much more. Perfect for parents looking to liven up their children's school lunches or park snacks, or for busy people who want to fix a quick and cheerful meal to take to work, Kawaii Bento Boxes highlights the Japanese passion for making food a treat for the eyes as well as for the mouth. CONTENTS: ONIGIRI BENTO (16 variations including faces, soccer ball, animals, triangles, spheres) RICE BENTO (11 variations including bear, rabbit, ship, seasoned rice, teriyaki chicken over rice, etc.) SUSHI BENTO (12 variations) BREAD BENTO (12 variations including mini-sandwiches, rolls, etc.) NOODLE BENTO (9 variations including spaghetti, yakisoba noodles, udon) SUMMER AND WINTER BENTO (12 variations including summer dishes that won't spoil in the heat and winter dishes that are better when eaten warm) TRADITIONAL/POPULAR/FAVORITE BENTO (11 variations including favorite

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dishes like hamburgers, fried shrimp, fried chicken) TIPS ON HOW TO STUFF THE BENTO BOX WHAT TO STUFF IN THE BENTO BOX (including calories, carbohydrates, protein, etc.) CUTTING AND DECORATING MENUS BASED ON COLOR EASY DESSERT RECIPES

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

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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.

Many people bring their lunch to work to save money, time and to help control what they are eating (with no hidden nasties from processed shop-bought food), but sometimes it's hard to think of interesting, nutritious things to make. Sara has come to the rescue with her vibrant, fun and inspirational approach to lunch boxes. She concentrates on having 5 clear elements: complex carbs, protein, fruit and veg, and sprinkles as well as the 5 colours used in authentic Japanese cooking: red, white, black, yellow and green. With just a few essential ingredients, you add your extras to create highly nutritious, vegetarian, colourful boxes of joy. Sara includes ideas for bento breakfast boxes (Sesame Snap Granola Bento and Mighty Muesli), 15-minute bento (Busy Days Instant Noodles and Lazy Tamago Bento), Everyday bento (Red Velvet Quinoa Bento, Green Theme Bento and Zen Bento) and the Fantasy bento (Starry Sky Bento and Fairy

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Jewel Box Bento). With tips on how to stock your bento store-cupboard and basic ingredients and recipes to get you going, now is the time for bento to bounce into your breakfast, lunch box, or even into your dinner parties, filling you with Bento Power! www.shisodelicious.com @shisodelicious

Learn to recreate delicious dishes referenced in over 500 of your favorite anime series with this practical guide to anime food. Japanese animation has beautiful designs, fleshed out characters, and engaging storylines—and it's also overflowing with so many scrumptiously rendered meals. Do you ever watch your favorite anime series and start craving the takoyaki or the warmth of delicious ramen or the fluffy sweetness of mochi? Now, you can make your cravings a reality with Cook Anime! Join an otaku on her tour through anime food and find out what your favorite characters are savoring and sharing and then learn to make it at home! Including: -Miso Chashu Ramen from Naruto -Rice Porridge from Princess Mononoke -Onigiri from Fruits Basket -Taiyaki from My Hero Academia -Hanami Dango from Clannad -Rice from Haikyuu!! -And many more! Along with each recipe, you will discover facts behind the food, such as history, culture, tips, and more. A perfect gift for foodies and otaku alike, Cook Anime is the all-inclusive guide to making the meals of this Japanese art form.

Think inside the box--the beginner's guide to tasty bento boxes Easy, tasty, and

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healthy are three great aspects of any good meal. Combine them all together--in an easy to-go box--and you have the beauty of bento. In *Bento for Beginners*, you'll learn how this Japanese culinary art can help you build 60 appetizing, well-balanced lunches that can be taken just about anywhere. In addition to recipes, the book is filled with tons of tips and tricks on streamlining prep time, how to improve the storage life of your ingredients (without using preservatives), the right containers to use, and what foods make the best (and easiest) fusion dishes. There's so much to savor in these to-go treasure boxes. *Bento for Beginners* includes: Best of both worlds--Enjoy classic homemade Japanese foods as well as staples from Western and American cuisine. Off-the-shelf--Create lunches you'll be excited to eat using easy-to-find ingredients available at the grocery store. Save money--Put an end to spending \$5 to \$10 a day on lunch--the average cost of a filling homemade Japanese bento is about \$1.85. In the world of bento books, this one can take you to tasty new heights. "The Honeysuckle Cookbook is stuffed with new ideas for easy, approachable Asian-influenced cooking at home. With 90 recipes, from the breakfast favorites that consistently rate the highest in views on the author's YouTube channel (like her Overnight Oats, 6 Ways) to original twists on one-pan and pressure-cooker meals, this book is for seriously busy young professionals who want crave-worthy

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Asian meals made simple. Her food takes the familiar and turns it ever-so-slightly on its head: marinara sauce gets extra umami with the addition of fish sauce, while mac and cheese becomes much more than an out-of-the-box staple when made fresh with kimchi. Dzung also teaches readers how to stretch groceries so they spend a little less money, how to plan meals seasonally, and shows new cooks how to match main courses with sides, so plates look impressive and taste great. With time-saving snack ideas, recipe hacks, foolproof instructions, and genius tips for pretty presentation, The Honeysuckle Cookbook will be the friendly hand busy young cooks need to hold in the kitchen"--

Bento includes over 70 quick, easy, and delicious box lunch ideas for your family.

The Just Bento Cookbook Everyday Lunches To Go Vertical Inc

The definitive, home cooking recipe collection from one of the most respected and beloved culinary cultures Japan: The Cookbook has more than 400 sumptuous recipes by acclaimed food writer Nancy Singleton Hachisu. The iconic and regional traditions of Japan are organized by course and contain insightful notes alongside the recipes. The dishes - soups, noodles, rices, pickles, one-pots, sweets, and vegetables - are simple and elegant.

Delicious, healthy, make-ahead batch cook and meal prep recipes to save busy families time and money Modern families are busier than ever. We all want to eat

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better, stress less and reduce waste - all without spending more than we have to. We want new and exciting recipes that are delicious, healthy and make a change from casseroles and spaghetti bolognese. And we want them to be straightforward, reliable and satisfy even the fussiest of eaters. That's where The Batch Cook Book comes in. This gorgeous cookbook will fit right into your busy lifestyle with mouth-watering new recipes and hints and tips for the best batch and meal prep techniques. Each inspiring chapter is packed with fresh ideas, from preparing key ingredients to whipping up perfectly portioned meals for simple suppers or bold, big-hearted feasts for friends and family. It's a book for every cook. Whether you need to find creative uses for a summer tomato glut, rouse bleary-eyed family members with morning wafts of cinnamon buns or fill your freezer with crunchy drizzle cakes, good-to-go cheese toasties, luscious lasagnes and hearty stews for busy weekends, The Batch Cook Book has you covered.

Everyday millions of Japanese people, young and old, leave their homes with a bento in hand. Bento (boxed lunches) are handmade every morning packed with tender-loving care to give their recipients a warm-hearted well-needed boost to finish off the day. In her first English-language release, TV chef and nutritionist Megumi Fujii has prepared 72 mouth-watering box lunch recipes that are easy to

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make but are over-flowing with the hearty-goodness that is essential in every Japanese bento. Her Ten-minute bento will not rely on visual designs seen on Flickr streams or on blogs. Instead she focuses on sharing everyday Japanese dishes created to satiate hunger and satisfy an ever expanding Japanese palette. Featured dishes: Mushroom Hamburg Steak Easy Korean Bibimbap Colorful Eggs & Ham Yuzu Chicken Avocado Salad Sandwich Open-face Spring Roll Bento Chicken Cutlet Bento Beef Bowl Bento Chicken Teriyaki Bento Salads Radish & Buckwheat Noodle Salad French Toast Salad Chinese-style Noodle Salad Desserts Cheesecake Balls Petite Muffins

Cooking a wide variety of Japanese meals doesn't have to require a lot of effort, multiple cookbooks, and guesswork. Here's the key to making delicious Japanese food at home tonight. People love Japanese cuisine, but very few prepare it themselves. Japanese Cooking Made Simple provides the basic techniques and recipes that unlock your ability to prepare delicious, authentic Japanese meals to enjoy with friends and family at home – without requiring significant investments in time and money to do so. Japanese Cooking Made Simple contains more than 100 easy-to-follow authentic Japanese recipes with ingredients you can find in your local grocery store. Sushi and bento boxes will become part of your weeknight meals, as will Ramen with Braised Pork Belly,

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Tempura Soba, Fried Tofu in Broth, California Rolls, Pan-Broiled Salmon with Scallions, Chicken Yakitori, and Green Tea Ice Cream. Step-by-step instructions and illustrations will have you preparing sushi, including norimaki and temaki, with ease. Color photos help you put a beautiful Japanese dish on the plate. In *Japanese Cooking Made Simple*, Salinas Press has once again created a cookbook that provides home chefs not only with a wide variety of delicious recipes to choose from, but also the simple tools to make it easy.

Blogger Michele Olivier is beloved by parents for sharing her easy, delicious and healthy recipes that kids will actually eat. This is not your typical bento cookbook, which relies heavily on processed foods in cutesy shapes. *Little Bento* is 100+ seasonally inspired recipes to make lunch making and eating more fun for the little ones and maybe some big ones, too.

In 1975, *Gourmet* magazine published a series on traditional Japanese food —the first of its kind in a major American food magazine — written by a graduate of the prestigious Yanagihara School of classical cuisine in Tokyo. Today, the author of that groundbreaking series, Elizabeth Andoh, is recognized as the leading English-language authority on the subject. She shares her knowledge and passion for the food culture of Japan in *WASHOKU*, an authoritative, deeply personal tribute to one of the world's most distinctive culinary traditions. Andoh

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begins by setting forth the ethos of washoku (traditional Japanese food), exploring its nuanced approach to balancing flavor, applying technique, and considering aesthetics hand-in-hand with nutrition. With detailed descriptions of ingredients complemented by stunning full-color photography, the book's comprehensive chapter on the Japanese pantry is practically a book unto itself. The recipes for soups, rice dishes and noodles, meat and poultry, seafood, and desserts are models of clarity and precision, and the rich cultural context and practical notes that Andoh provides help readers master the rhythm and flow of the washoku kitchen. Much more than just a collection of recipes, WASHOKU is a journey through a cuisine that is rich in history and as handsome as it is healthful. Awards2006 IACP Award WinnerReviews“*This extensive volume is clearly intended for the cook serious about Japanese food.*”—*Minneapolis Star Tribune*“*. . . scholarly, yet inspirational . . . a foodie might just sit back and read for sheer enjoyment and edification.*”—*Milwaukee Journal Sentinel*

A collection of more than 60 easy-to-make, portable Japanese recipes from an award-winning cookbook author and television personality, including columns on "Spices, Seasoning and Tupperware for making Bento," and "White Rice is Good." Original. Best Lunch Box Ever is full of recipes, ideas, and strategies for packing creative and healthful lunches for kids, solving what is for many parents the most taxing of daily

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chores. Kids will love the scrumptiousness, while busy moms and dads will appreciate the quick and simple solutions for wholesome, balanced meals developed by Katie Sullivan Morford, a registered dietician and mother of three. The 65 recipes are easy, delicious, and best of all—packed with nutrients for well-rounded lunches and snacks, including Deconstructed Caprese Skewers, Easy Cheesy Thermos Beans, Pesto Pita Pizza, Cinnamon Wonton Crisps, Parmesan Kale Chips, Crispy Apples, and more.

"[Everyday Bento] is packed with ideas for fun, delicious lunches."—AlphaMom.com
Your kids will look forward to what's in their lunchbox every single day with the delightful collection of recipes in *Everyday Bento*! The bento food movement teaches us that foods can be attractive, nutritious, fun and delicious all at the same time. Kids love to try foods that bring a smile to their faces, and will often eat things they wouldn't otherwise try. For example, they'll love an adorable bear cub made from brown bread, peanut butter and jelly nestled on a bed of blueberries. Cut watermelon into hearts, and tuck them next to a ham sandwich shaped like ballet slippers for your budding ballerina. Create building bricks from healthy cheese, carrots and cucumbers—or a hot dog octopus, swimming across a sea of cucumber. Picky eaters or not, they'll try it! Wendy Thorpe Copley writes the popular bento blog *Wendolonia*, which takes the traditional Japanese concept of bento—a single meal packed at home in a reusable container—and Americanizes it. Using simple ingredients found in any grocery store, Wendy creates

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entertaining meals that are sure to delight even the most finicky eater. Some of the fun and easy bento creations here include: Princess Bento Rock and Roll Bento Snowman Bento Butterfly Bento Farm Yard Animals Bento Besides being great fun to look at, bento lunches are a healthy way to enjoy food while keeping portions in check. Freshly-prepared lunches packed in portable, reusable bento boxes are also kind to the environment and easy on the wallet—very important in today's economy. Everyday Bento teaches you a few simple techniques to make creative lunches, all in a reasonable time-frame for busy working parents. The 50 bento meals in this cookbook feature familiar foods with fun themes that will appeal to children and adults alike. Follow the easy step-by-step instructions to recreate each bento box, or mix and match different elements from the book to make your own unique creations. Make lunch fun again with Everyday Bento!

Longing for more than yet another limp salad? Tired of tussling with the kids over junk food lunch kits? Sounds like you've got the lunch box blues. J. M. Hirsch has the fix. But it isn't a cookbook. Because when it comes to lunch, nobody has time to break out a recipe to bang out a brown bag special. Busy people need lunch ideas. Lots of them. And those ideas need to be healthy, fast, easy, affordable, and delicious. That's what *Beating the Lunch Box Blues* is—an idea book to inspire anyone daunted by the daily ordeal of packing lunch. Jammed with nearly 200 photos and more than 500 tips and meals, this book is designed to save families time, money, and their sanity. Whether

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you want to jazz up a grilled cheese, turn leftover steak into a DIY taco kit, or make pizza “sushi,” Hirsch has it covered. And because the best lunches often are built from the leftovers of great suppers, he has also included 30 fast and flavorful dinner recipes designed to make enough for tomorrow, too. Crazy good stuff like short ribs braised in a Rosemary-Port Sauce, Hoisin-Glazed Meatloaf, and kid-friendly classics such as Turkey Sloppy Joes and American Chop Suey. With ideas this easy and this delicious, there’s no reason to let the lunch box blues get you down.

Bento books have been some of the more accessible and popular genres coming out of Japan over the last few years, and Effortless Bento is essentially the bento encyclopedia. Filled with hundreds of full-color photos and numerous recipes this is the essential box lunch book.

This book makes creating colorful, cute, and tasty Japanese-style lunches easy and fun! Learn how to craft your favorite foods into a variety of shapes—from caterpillars, cars, and puppy dogs to pretty flowers, princesses, and kitty cats to make the yummy, healthy lunches that are all the rage in Japan. Featuring chapters on Cuties & Critters, Fairy-Tale Friends, and Special Day Treats, plus a handy shopping guide, easy recipes for mini snacks, general tips and tricks, and so much more, Yum-Yum Bento Box is the perfect guide for beginner bento makers and expert chefs alike. Stop wasting money on pre-packaged lunches—and start making beautiful, healthy bentos! Includes: · An introduction to Japanese Lunches · Packing a Bento Box · Bento Boxes, Tools, And

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Accessories · Ingredients · Cuties & Critters · Fairy-Tale Friends · Special-Day Treats

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.

Chef Tadashi Ono and food journalist Harris Salat demystify this communal eating tradition for American home cooks with belly-warming dishes from all corners of Japan. Using savory broths and healthy, easy-to-find ingredients such as seafood, poultry, greens, roots, mushrooms, and noodles, these classic one-pot dishes require minimal fuss and preparation, and no special equipment—they're simple, fast recipes to whip up either on the stove or on a tableside portable burner, like they do in Japan. Wholesome, delicious Japanese comfort food, hot pot cooking satisfies the universal desire for steaming, gratifying and hearty meals the whole family can enjoy.

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

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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!

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

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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!

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

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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

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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.

Exciting Whole-Food Lunches You'll Be Proud to Pack and That Kids Will Love to Eat! 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

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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!*

Enlightened Kitchen is a Kodansha International publication.

Let's Fix Lunch! makes it easy (and fun!) to prepare meals that are good for you and good for the planet. This eco-friendly cookbook features delicious, waste-free recipes for sandwiches, salads, soups, snacks, and more. An inspiring guide for anyone who wants to do their small part to save the earth, Let's Fix Lunch! makes it simple to create a sustainable, waste-free home. • Easy-to-make

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recipes for all home cooks • Includes more than 50 simple tips for reducing food waste and plastic use • Features a handy guide to buying in bulk, meal prepping, and food storage This eco-conscious cookbook is written by Kat Nouri, founder of the beloved, environmentally friendly kitchen brand Stasher. Let's Fix Lunch! is the perfect kitchen companion for eco-conscious parents and office workers. • Brims with bright, vivid photographs of tasty dishes and beautifully packed lunches • Perfect for anyone who tries to live a waste-free, low plastic, and environmentally friendly lifestyle • Packed with inspired, accessible meal-prep ideas and techniques • You'll love this book if you love books like The Healthy Meal Prep Cookbook: Easy and Wholesome Meals to Cook, Prep, Grab, and Go by Toby Amidor; The Just Bento Cookbook: Everyday Lunches to Go by Makiko Itoh; and The Best Homemade Kids' Lunches on the Planet: Make Lunches Your Kids Will Love with More Than 200 Deliciously Nutritious Meal Ideas by Laura Fuentes.

Features portable Japanese meals you can make at home.

With these fun, easy and delicious recipes, anyone can venture into the world of bento boxes—no special tools or containers necessary! Hosts of popular NHK World cooking show Bento Expo, Marc Matsumoto and Maki Ogawa share their bento-making expertise on the pages of this stunningly photographed cookbook.

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As a Japanese-American, Marc is ideally placed to help Western readers add Japanese touches to their lunches with easy-to-find ingredients. As a Japanese mom of teenage boys, Maki is an expert at creating simple yet delicious bento box combinations that can be put together easily every morning. Together they have created an accessible, authentic bento cookbook that everyone will enjoy. Ultimate Bento is packed with practical techniques, step-by-step instructions, and useful tips for 85 recipes that can be mixed-and-matched for 25 nutritionally balanced bento box lunches. Each bento in this book costs under \$3 per serving, so you and your family can save money while also eating healthier. Recipes include: Summer Rolls Japanese-style Coleslaw Wasabi Chicken Snap Pea Stir-Fry Yakitori Chicken Skewers Mini Stuffed Peppers Ginger Pork

Do you enjoy Japanese cuisine? If so... Then this Onigiri With A Twist Cookbook has recreated some of Japan's oldest onigiri recipes and has added some modern ones as well as some international fusion recipes. The bottom line, these are nutritious recipes you can prepare from the comfort of your own home. If you love Japanese and Asian recipes then, this book is for you; also, if you are interested in being on the diet of the long livers, then look no further. The combination of healthy ingredients is guaranteed to assist you in living a long, healthy life. Grab your copy of the Onigiri With a Twist Cookbook today!

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"The definitive guide to Thailand's diverse, vibrant street food and culture"--Provided by publisher.

"Ha presents ... comics that fully illustrate all the steps and ingredients necessary for all 64 [Korean] recipes in a ... concise presentation (with no more than 2 pages per recipe on average). Recipes featured include easy kimchi (makkimchi), spicy bok choy (cheonggyeongche muchim), and seaweed rice roll (kimbap), among many other dishes"--

Presents the Japanese approach to diet and nutrition in a guide to good eating that offers recipes with an easy approach to a healthier, slimmer, and longer life, without counting calories or carbohydrates.

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

Get Free The Just Bento Cookbook Everyday Lunches To Go

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

The kitchen is a great place to make memories. And Disney Eats will inspire you to prepare food that's not just fun but also tasty. From healthy snacks like a Minnie Mouse-inspired crudité platter and savory dinners such as Mulan's Blossom Stir-Fry to Disney-character-themed bento box lunches and easy-prep treats such as Frozen Banana Dalmatian Pops, author Joy Howard shows that the creative possibilities are endless. With an introduction by beloved baker Joy Wilson and more than 150 dynamic full-color photographs, Disney Eats will not only spark more delight in the kitchen, it will also lead to more memorable and creative success in your cooking.

Healthy, attractive, and economical---bento-box meals will revolutionize your lunchtimes. Let Makiko Itoh, the Net's leadingbento blogger, get you started on your bento journey! --

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