



THE
JUST BENTO
COOKBOOK

Everyday Lunches To Go

Makiko Itoh

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Just Bento Cookbook Everyday Lunches

Makiko Itoh



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

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

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

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

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

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

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 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 *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 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 Kimpira 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

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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

Bento Japanese Food Hitomi Nakamura,2015-04-03 Make Incredible Bento Dishes Today only get this Amazon bestseller for just 0.99 Regularly priced at 5.99 Read on your PC Mac smart phone tablet or Kindle device Now Including a Bonus Section right after the Conclusion Grab Your Copy Today Haven't you always wanted to Make food that's as delicious as it is beautiful Wow friends and family with amazing food Spice up your regular menu Whatever your reasons may be for wanting to pick up a copy of The Bento Cookbook The Artful Japanese Lunch Box you'll quickly discover that making Bento creations are easy and delicious Even if you have no experience cooking this guide will walk you through everything you need to know in a way that's easy to follow With this book you'll discover A brief history of Bento boxes The key characteristics of Bento Dozens of delicious and eye catching recipes Fun and tasty desserts There's a reason why so many people love Bento and now you can find out why With The Bento Cookbook The Artful Japanese Lunch Box you'll wonder why you haven't tried creating your own Bento box sooner

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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 *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

Let's Fix Lunch Kat Nouri,Stasher,2020-09-15 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 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 *Japanese Bento Cookbook - Bento Box Recipes the Whole Family Will Enjoy* Martha Stephenson,2016-01-03 This Japanese Bento cookbook will definitely be the most unique cookbook you have ever seen This cookbook features famous bento box recipes that are quite common in Japanese cuisine Bento is a single person home packed food usually in the form of square shaped divided boxes that are

termed as bento boxes In response to immense demand from the food lovers I have compiled this Japanese Bento cookbook which is ideal for those housewives or bachelors who find it difficult to make bento boxes for their lunch or travel This bento box cookbook contains very simple and delicious bento box recipes enriching your taste buds with true Japanese flavors You can even make the recipes from this bento box cookbook for your picnics occasional gathering set up far off your place or any outdoor place Children adore bento boxes that are appealing and taste yummy Explore some great recipes in this Japanese Bento cookbook and have a novel addition in your menu

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