Bento Bob

United States. Department of Agriculture

The Animated Dad Lorin Shahinian.Leslie Salas, 2024-01-11 The Homer Simpson-esque stereotype has been a persistent trope in cartoons since programming aimed directly at children and adolescents began. Young viewers are exposed to the incapable and incompetent hapless father archetype on a regular basis, causing both boys and girls to expect the bare minimum of fathers while mothers hold the responsibility for all domestic and parenting work. Cartoons rely heavily on toxic stereotypes for ratings, when in fact, healthy representations of fathers are just as successful in maintaining viewership. Eleven essays, written by scholars from around the world, investigate the topic of fatherhood as it is represented in children's animated television shows. Main themes that emerge include absent and negligent fathers, single fathers, generational shifts within families, and raising the standard of fathering by creating secure bonds between father and child. The authors uncover problematic fathers, imperfect yet redemptive fathers, and fathers who embody idealized parenting traits through some of our most beloved animated dads. This collection demonstrates the impact that media representations of father figures have on young viewers and argues for better role models.

Baby of Bataan Joseph Quitman Johnson, 2004

Bento Box in the Heartland Linda Furiya,2010-01-08 While growing up in Versailles, an Indiana farm community, Linda Furiya tried to balance the outside world of Midwestern America with the Japanese traditions of her home life. As the only Asian family in a tiny township, Furiya's life revolved around Japanese food and the extraordinary lengths her parents went to in order to gather the ingredients needed to prepare it. As immigrants, her parents approached the challenges of living in America, and maintaining their Japanese diets, with optimism and gusto. Furiva, meanwhile, was acutely aware of how food set her apart from her peers: She spent her first day of school hiding in the girls' restroom, examining her rice balls and chopsticks, and longing for a Peanut Bullter and Jelly sandwich. Bento Box in the Heartland is an insightful and reflective coming-of-age tale. Beautifully written, each chapter is accompanied by a family recipe of mouth-watering Japanese comfort food.

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!

A Bright and Blinding Sun Marcus Brotherton, 2022-05-24 From a New York Times bestselling author comes the incredible true story of an underage soldier's first love and loss on the battlefields of Bataan and Corregidor-perfect for fans of The Boy Who Followed His Father into Auschwitz and Unbroken. Joe Johnson Jr. ran away from home at the age of 12, hopping a freight train at the height of the Great Depression. He managed to talk his way into the U.S. Army two years later. Seeking freedom and adventure, he was sent to the Philippines. Adrift in spirit, Joe visited a teenage prostitute, and they became unlikely, smitten allies. Yet when the Japanese attacked on December 8, 1941, their hopes of being together had to wait. Joe and his fellow soldiers fought for four brutal months in Bataan and Corregidor, until they were forced to surrender. The boy endured years of horror as a prisoner of war, only dreaming about seeing again the girl he'd come to love. This lyrically written and deeply encouraging saga will remind you that every life can be lifted, forgiveness is the patron of restoration, and redemption is available to all.

Yum-Yum Bento All Year Round Crystal Watanabe, Maki Ogawa, 2016-12-27 Yum-Yum Bento is back with 52 more easy seasonal-themed bento lunches. From the depths of winter to the height of summer, a beautiful lunch can brighten any day. Japanese bento boxes are portable and pretty meals packed with healthy portions and plenty of cheer. And they're outrageously cute! With Yum-Yum Bento All Year Round, you'll fall in love with 52 tasty, inseason lunches. Spring into make-ahead action with packing tips, tutorials, side dish recipes, and more. From summer Sunshine Smiles to Christmas Gingerbread Friends, there's a bento just perfect for your lunchbox today. Selections from the Table of Contents: Springtime Fun: Easter Chicks Dainty Daffodils Green Pea Brothers Summertime Splash: Rainbow Sushi Cheerful Crab Seashell Fun Fall Frenzy: A Pear Anywhere Fried Rice Jack-o-Lantern Pumpkin Twins Winter Wonderland: Tomato Santas Rudolph the Red-Nosed Bagel Penguin Elves From the Trade Paperback edition.

Ultimate Bento Marc Matsumoto, Maki Ogawa,2020-11-24 **2020 Gourmand Food Culture Award Winner** 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. As a Japanese-American, Marc is ideally placed to help Western readers add Japanese touches to their lunches with easy-tofind 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, stepby-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 Japanesestyle Coleslaw Wasabi Chicken Snap Pea Stir-Fry Yakitori **Chicken Skewers Mini Stuffed Peppers Ginger Pork**

iPad For Dummies Edward C. Baig,Bob LeVitus,2012-05-15 The updated, full-color guide to Apple's all-new iPad It's ultra-thin, rich with functionality, packed with stunning graphics, and one of the hottest-selling devices on the planet. And if you want to get the very most from the latest iPad and iOS software, this is the book to have. Mac experts and veteran For Dummies authors Edward Baig and Bob Dr. Mac LeVitus walk you through the basics as you set up and explore the new iPad, master the multitouch interface, set up iTunes for your iPad, browse the web, find the latest apps in the App Store, synchronize with iCloud, play games, video chat, and yes, accessorize, accessorize, accessorize. Covers the thirdgeneration iPad, iPad 2, and original iPad Gets you up to speed on the basics, including the multitouch interface, setting up your e-mail account, getting connected, filling your iPad with amazing apps and cool content, and more Shows you how to turn your iPad into the ultimate gaming machine, take advantage of the retina display for a razorsharp reading experience, watch and record HD movies, shoot and edit high-quality images with the iSight Camera, use FaceTime video calling, and so much more Includes tips on protecting your information, troubleshooting, connecting wirelessly, and using your iPad as a personal hotspot From smart basics to some very savvy stuff, iPad For Dummies, 4th Edition will make you wonder how you ever lived without your iPad.

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 bentomaking 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.

Healthy, Quick & Easy Bento Box Ophelia Chien,2021-08-03 Make mealtimes healthier and more mindful with beautiful, balanced bento 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

Report of the Secretary of Agriculture United States. Department of Agriculture,1974 Contains administrative report only.

Bento Power Sara Kiyo Popowa, 2018-09-20 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), 15minute 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 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!

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Bento for Beginners Chika Ravitch. 2020-02-04 Discover how easy it is to make bento box lunches at home with these 60 simple recipes Bento for Beginners is the perfect introduction to bento box lunches featuring creative recipes and helpful tips for getting started. This bento box cookbook is filled with easy-to-follow recipes and everything you need to create a bento-ready kitchen, including the best type of bento box to purchase, ingredients to keep on hand, and how to plan for the week ahead. From Japanese classics to simple fusion and Western-inspired bento boxes, you'll be eating varietyfilled, home-cooked lunches in no time, with: All the tips, tools, and ingredients you'll needto get into a regular bento routine. Step-by-step instructions for each recipe in a box, including a Timing and Prep guide that helps you plan ahead. Delicious recipes and bento menu suggestions, including crispy Japanese-Style Fried Chicken and sweet-and-savory Pan-Fried Potato and Carrot, and Rice Croquettes with juicy Oven-Roasted Chicken Thighs with a crunchy Celery and Apple Salad. Make bento part of your lunch routine with Bento for Beginners!

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!

Yum-Yum Bento Box Crystal Watanabe, Maki Ogawa, 2013-02-05 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 prepackaged lunches—and start making beautiful, healthy bentos! Includes: · An introduction to Japanese Lunches · Packing a Bento Box · Bento Boxes, Tools, And Accessories · Ingredients · Cuties & Critters · Fairy-Tale Friends · **Special-Day Treats**

<u>iPad mini For Dummies</u> Edward C. Baig,Bob LeVitus,2012-11-28 The perfect companion for discovering how to get the most out of your iPad mini! Apple's latest iPad may be small, but it's one mighty mini. This fun-andfriendly full-color guide gets you started with your iPad mini, walking you through using the multitouch interface, getting connected, browsing the web, adding tons of cool content, and much, much more. From sending and receiving e-mail totexting with iMessage, downloading apps from the App Store, managing your calendar, making video calls with FaceTime, and working with Siri, expert authors and Mac gurus Ed Baig and Bob Dr. Mac LeVitus will have you making your way through your iPad mini in no time at all. Shows you how to unveil the iPod in your iPad mini, take control of your tunes, import photos, create a slideshow, and capture photos and videos Highlights ways to buy and read your favorite e-books; find a location or get directions with Maps; play games; and rent, buy, and watch movies and TV shows Walks you through syncing contacts, calendars, and to-do lists Addresses staying connected with Notification Center, protecting your information, and troubleshooting It may be mini but it's capable of enormous endeavors! Find out everything your iPad mini is capable of with the full-color iPad mini For **Dummies!**

Kawaii Bento Boxes Joie Staff,2009 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 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, vakisoba 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 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 Japanese Food HitomiNakamura,2016-09-13 Make Incredible Bento Dishes! with this japanese cookbook 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 vou 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. Download your copy now and become a Bento master!

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-thego-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, nocarb, 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.

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