

Bento Box Shapes

Chika Ravitch

My Little Bento Box: Colors, Shapes, Numbers Insight Kids, 2022-11-01 Discover an adorable assortment of bento boxes in this book that introduces little ones to shapes, colors, and counting in the yummiest of ways! The world of cute or “kawaii” food comes to life in *My Little Bento Box*! This adorable board book features a collection of delightful bento box meals and snacks that are simply too cute to eat. Each one is packed with a feast for the eyes and perfectly paired with prompts to help little ones learn colors, shapes, and numbers! **ADORABLE EDIBLES:** From rice balls that look like panda bears to sandwiches shaped like stars, the adorable illustrations and colorful depictions of yummy foods will have little ones asking to read this book again and again. **ORDERING ORGANIZED:** Kids and their grownups are sure to find joy in the neat and tidy placement of each colorfully cute meal. **SUPPORTS ESSENTIAL SKILLS:** Young learners can practice counting, reading, identifying colors, spotting shapes, numbers, and more! **STURDY BOARD BOOK:** This book will stand up to repeated readings and busy hands, fingers, and mouths. **GREAT GIFT FOR LITTLE FOODIES:** This book makes a great gift for toddlers who love to play with their food!

Everyday Bento Wendy Copley, 2014-03-04 [*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 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!

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 pre-packaged 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

Bento Yuko,Noriko,2020-09 Bento includes over 70 quick, easy, and delicious box lunch ideas for your family.

My Little Bento Box: Colors, Shapes, Numbers

Insight Kids,2022-11 Discover an adorable assortment of bento boxes in this book that introduces little ones to shapes, colors, and counting in the yummiest of ways! The world of cute or “kawaii” food comes to life in My Little Bento Box! This adorable board book features a collection of delightful bento box meals and snacks that are simply too cute to eat. Each one is packed with a feast for the eyes and perfectly paired with prompts to help little ones learn colors, shapes, and numbers! ADORABLE EDIBLES: From rice balls that look like panda bears to sandwiches shaped like stars, the adorable illustrations and colorful depictions of yummy foods will have little ones asking to read this book again and again. ORDERING ORGANIZED: Kids and their grownups are sure to find joy in the neat and tidy placement of each colorfully cute meal. SUPPORTS ESSENTIAL SKILLS: Young learners can practice counting, reading, identifying colors, spotting shapes, numbers, and more! STURDY BOARD BOOK: This book will stand up to repeated readings and busy hands, fingers, and mouths. GREAT GIFT FOR LITTLE FOODIES: This book makes a great gift for toddlers who love to play with their food!

Just One Cookbook Namiko Chen,2021

Fresh Bento Wendy Thorpe Copley,2021-08-03 Parents seeking alternatives to unhealthy snacks and school cafeteria lunches will find a treasure trove of ideas within these pages. Dubbed the Willy Wonka of school lunches, Wendy Thorpe Copley is back with an array of fun and healthy lunchtime options for kids. Follow her lead as she transforms simple, affordable and nutritious ingredients into appealing bento box lunches your kids will ask for again and again! With over 45 themed bento box options to choose from, this book allows you to create lunch with a selection of food that you know your kid likes to eat. Substitutions and other suggestions are included to accommodate picky eaters and allergies. Not only will your child eat better, but you'll save money with this economical alternative to school lunch! The bentos in the book are packed with whimsical and innovative ideas: An out-of-this-world Astronaut Bento featuring apples, avocados, almonds, dried apricots and an almond butter and apricot jam sandwich An abominably delicious Yeti Bento with yams, yellow bell peppers, yeti-shaped rice creatures and yaki onigiri. Four-season treats like daisy-, sun-, leaf- and snowflake-shaped cheese and a quartet of sandwich quarters, cherry tomatoes, strawberries and chocolate-covered raisins. Spidery eight-legged Bento containing figure-eight pastries, eight-shaped tomato skewers and a blackberry spider with eight icing eyes. A Rainbow Bento with grapes, raspberries, blueberries and orange, yellow and green bell peppers. A bento for each letter of the alphabet, number or color. And much, much more. Each bento takes only minutes to assemble when the components are prepped in advance. Plus, picking a theme-a letter of the alphabet, number or color-cutting out fun shapes and arranging the food makes a great family

activity that kids will love to be a part of!

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.

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, in-season 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-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

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, 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 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

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.

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

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

Impressive Bento Box Cookbook Tyler

Sweet,2021-10-22 Bento box is a traditional Japanese lunch box for storing food and is reusable. This box holds a generous portion of meals consisting of one main dish and various side dishes. It first came out around the 5th century. At that time, bamboo was used to make the boxes that could carry cooked food. The warriors first used them as they were always on the run. As time passed, this versatile box went through many creative evolutions. Being so convenient, this box has been welcomed by so many

cultures from east to west. Because of being so convenient and accepted by various cultures, the box did not just evolve itself but also popular meals. In exchanging cultural beliefs, bento boxes have also played a vital role because of different foods being carried in different countries. The typical bento, in other words, the traditional Japanese bento box, usually consists of rice, meat, vegetables, and fish. But, today, as we have opened our hearts to understand and respect different cultures, you can find a variety of food inside. In conclusion, bento boxes offer an extensive way to pack various foods if you plan to carry food for hiking, picnic, or camping.

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 variety-filled, home-cooked lunches in no time, with: All the tips, tools, and ingredients you'll need to 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**!

501 Bento Box Lunches Mari Baker, 2009 Art bento,

healthy bento, traditional bento, special occasions bento, kids bento, and cute bento.

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), 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 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

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!

Unveiling the Magic of Words: A Report on "**Bento Box Shapes**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Bento Box Shapes**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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Bento Box Shapes Introduction

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