



Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go

By Joie Staff

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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

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About the Author

The Joie Staff are a Japan Publications author.

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