

# Japanese Bento Boxes: Main Dishes for Every Occasion

Bento boxes are a great way to pack a delicious and healthy lunch, and they're also a lot of fun to make. They're perfect for school, work, or picnics, and they can be tailored to fit any dietary needs or preferences.



## The Big Manga Cookbook for Young: Japanese Bento Boxes, Main Dishes by Tori Spelling

★★★★☆ 4.4 out of 5

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The key to a great bento box is to include a variety of foods that are both nutritious and visually appealing. This means including a mix of colors, textures, and flavors. You'll also want to make sure to include a protein source, a carbohydrate source, and a vegetable or fruit source.

Here are some tips for choosing the right ingredients for your bento box:

- **Protein sources:** grilled chicken, fish, tofu, beans, lentils
- **Carbohydrate sources:** rice, noodles, pasta, bread, potatoes
- **Vegetable and fruit sources:** broccoli, carrots, celery, tomatoes, apples, bananas

Once you've chosen your ingredients, it's time to start assembling your bento box. Here are a few tips:

- Start with a base layer of rice or noodles.
- Add a protein source on top of the rice or noodles.
- Add a variety of vegetables and fruits to fill in the remaining space.
- Use colorful ingredients to make your bento box more visually appealing.

Once your bento box is assembled, it's time to pack it for transport. Here are a few tips:

- Use a bento box that is the right size for your lunch.
- Pack your bento box tightly so that the food doesn't move around.
- Use a cooler pack to keep your bento box cold if you're not going to be eating it right away.

Bento boxes are a great way to pack a delicious and healthy lunch, and they're also a lot of fun to make. With a little planning, you can create a bento box that is both nutritious and visually appealing. So next time you're looking for a healthy and portable lunch option, reach for a bento box!

## **Main Dish Ideas for Bento Boxes**

Here are a few ideas for main dishes that you can include in your bento box:

- **Grilled chicken**

- **Fish**
- **Tofu**
- **Beans**
- **Lentils**
- **Rice**
- **Noodles**
- **Pasta**
- **Bread**
- **Potatoes**
- **Broccoli**
- **Carrots**
- **Celery**
- **Tomatoes**
- **Apples**
- **Bananas**

These are just a few ideas to get you started. There are endless possibilities when it comes to creating a bento box that is both delicious and nutritious.







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