Bento Box filled with healthy fun for one

Description

Yum-Yum Bento Box

How long does it take to fix a school lunch? For the experienced parent, good at keeping chips or the equivalent, fruit and veggies, a sandwich and a treat, maybe two minutes. Thatâ??s unless the peanut butter has separated or the jelly cowers at the unreachable bottom of the jar. Itâ??s a daily task, done with a kind of slapdash love. But other folk have other ideas. The ***Yum-Yum Bento Box****,* a delectable little cookbook is a case in point. Crystal Watanabe and Maki Ogawa introduce the art of designing lunch in a bento, a box-for-one popularly known in Japan.

The colorful pages display elegant or humorous lunch ideas that are sure to be the envy of everyone else in the cafeteria.

default watermark

Full-color photographs show folktale and fairytale characters, holiday symbols and creatures created almost wholly with snippets of fresh vegetables, molded rice, and *nori* (dried seaweed). The ingredients are mostly at your regular supermarket though it might be tricky to find quail eggs if you are dedicated to copying the bumblebee creation!

Yum-Yum Bento Box: Fresh Recipes for Adorable Lunches, By Crystal Watanabe, Maki Ogawa, Quirk Books, 2010

Â© 2010 Jane Manaster. All Rights Reserved.

While youâ??re gathering ideas for young palates, consider ***Silly Snacks*** by Favorite Brand Name. Silly is the key ingredient in this snack helper filled with clever creations. I received a copy of this cookbook several years ago from the queen of kid pleasers, our â??90-somethingâ?• great-grandma to my kids. She sent copies around to many of her loved ones and we keep ours at the ready when meal time calls for fun. We love the ***Tic-Tac-Toe Tuna Pizza***.