



RECIPE BENTO

BENTO



MENU

- 1) *Onigiri* - Rice balls
- 2) Quick cucumber pickles
- 3) Cherry Tomato Heart
- 4) Japanese Omelet (*Tamagoyaki*) *Optional



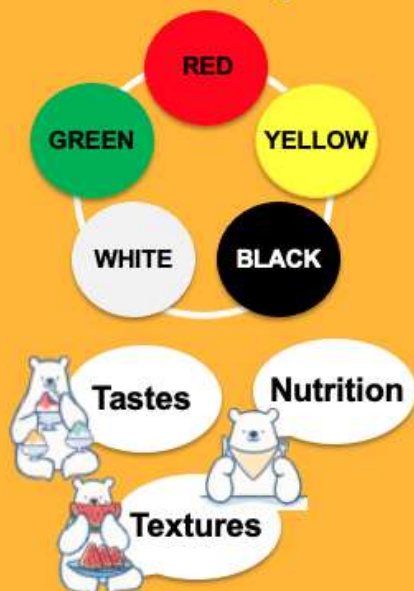
TIPS

3 HEALTHY BENTO TIPS



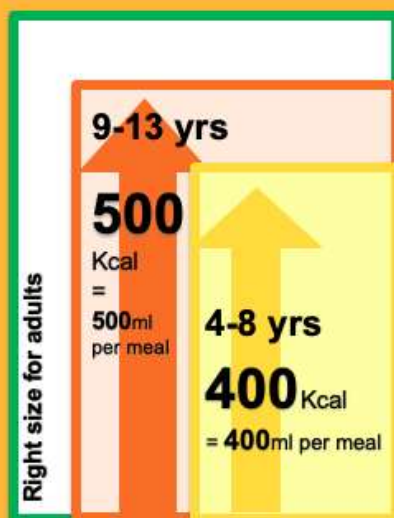
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Colorful & Variety



2

Right Size



3

Good Ratio

1: GROW

2: GLOW

3: GO



RECIPE

Traditional ONIGIRI

BENTO



INGREDIENTS

Makes about 2 onigiri
(rice balls)



- 1 cup **Cooked Japanese rice**
- 2 pinches **Salt**
- 1/2 sheet of **Roasted Seaweed (Nori)**
- Furikake (rice seasoning)

Tuna Mayo filling (Optional)

- 1 5-ounce can **white tuna in water**
- 2 tablespoons **Kewpie mayonnaise** (or any mayo)
- 1 teaspoon **soy sauce**

METHOD



1. Salt

Line a rice bowl or custard cup with about a 6-inch square sheet of plastic wrap. Sprinkle a little salt onto the plastic wrap.



2. Mold

Place about 1/2 cup rice onto the plastic wrap. Mold the rice into a ball by bring the ends up and twist the wrap around the rice.



3. Shape

Lightly compress the rice and shape into a triangle, a ball or a cylinder.



4. Wrap

Cut seaweed to size. If you used plastic wrap, unwrap. Then wrap the seaweed around the rice.

Tuna Mayonnaise filling (Optional)

- 1) Drain water from tuna and place in a bowl.
- 2) Add mayo and soy sauce. Mix well.
- 3) To add to rice ball. Prepare the rice ball as in Step 1 above.
- 4) Press back of spoon in rice to make indentation.
- 5) Add about 1 tablespoon of tuna filling.
- 6) Top with enough rice just to cover the tuna. Proceed to mold rice ball as before.





RECIPE

KAWAII Chick ONIGIRI

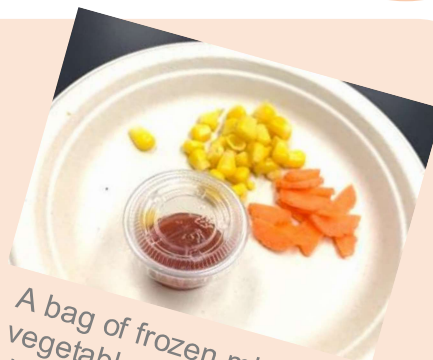
BENTO



INGREDIENTS

Makes 2 chicks

- **2 Onigiri**
(Cooked Japanese rice, Salt)
- **4 Corn kernels**
- Small piece of **Nori** (Roasted seaweed)
- 1 teaspoon **Ketchup**
- **Carrot pieces or Red pepper strips**



A bag of frozen mixed vegetables is great for decorating onigiri into creative characters!.

METHOD



1. Mold

When slightly cool take one half cup of rice and place in plastic wrap. Follow the above directions for making a ball. Then shape into an oval or triangle.

2. Decorate

Cut out eyes and feet using nori. Make a small indentation in the middle of the onigiri. Add the corn to the center of the face for the beak.

3. Finish

Add the red peppers or carrots to the top of the head. Place the eyes above the beak and the feet below. Dip the tip of a chopstick into ketchup and dot each cheek.



Oval shape is cute too!



RECIPE

KAWAII Penguin ONIGIRI

BENTO



INGREDIENTS

Makes 2 penguins

- **2 Onigiri**
(Cooked Japanese rice, Salt)
- Half sheet of **Nori** (Roasted Seaweed)
- **4 Corn kernels**
- 1 teaspoon **Ketchup**



METHOD



1. Salt

When slightly cool take one half cup of rice and place in plastic wrap. Follow the above directions for making a ball. Flatten the ball slightly.



2. Cut nori

Cut a 4 to 6-inch square of nori. Carefully fold nori in half but do not flatten. Cut out the shape of a heart. Remove the heart and set aside.



3. Shape

Remove the rice from the wrap and place the nori on the wrap with the shiny side of the empty heart down. Place the rice ball in the middle of the nori. Lift the edge of the wrap and wrap the nori around the rice ball to form a penguin head.

4. Decorate

Remove the plastic wrap and create beak from corn, eyes for nori (or green beans) and add a dot of ketchup to each cheek.



RECIPE

Quick Cucumber Pickles

BENTO



INGREDIENTS

Makes 4 servings

- 2 **Mini/Persian cucumbers**
- 1 /4 teaspoon **Salt**
- 1 teaspoon **Fresh lemon juice**
- 2 teaspoons **Soy sauce**



METHOD



1. Cut

Cut cucumbers into 1-inch slices or chunks. Place in a plastic bag (or bowl).



2. Mix

Add salt and soy sauce. Squeeze 1/4 of a lemon to release juice into the plastic bag (or bowl).

3. Dress

Zip the bag closed and mix gently. Or stir them to combine in a bowl.





RECIPE

Cherry Tomato Heart

BENTO



INGREDIENTS

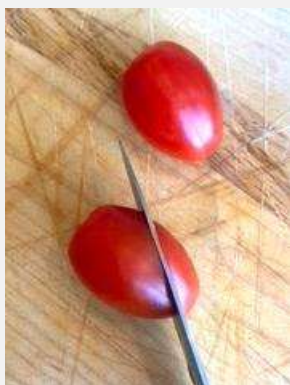
Makes 1

- 2 **Cherry (pearl) tomatoes** (Oval shaped)
- 1 **Toothpick** (or small skewer)



Use oval shaped cherry tomatoes to create a heart as a cute element of a lunch box. You can place them on a skewer with alternating yellow cherry tomatoes or pieces of colorful bell peppers. If necessary you can use one tomato and slice on the diagonal. Two gives you a more defined 'heart'.

METHOD



1. Lay

Lay 2 cherry tomatoes with pointy or narrow side facing downward.

2. Cut

Place a sharp knife at the lower portion of the cherry tomato and on a diagonal, slice about a half-inch of each tomato off

3. Form

Have the cut sides of the larger pieces of tomato face each other. Bring them together to form a heart.

4. Skewer

You can place a toothpick through the halves to keep them together. Add colorful bell peppers in between if you like or use different colors of cherry tomatoes.



RECIPE

Japanese Omelet

BENTO



INGREDIENTS

Makes 1 roll - approximately 4-6 pieces

- 2 Eggs
- 2 tablespoons Water
- 1-2 teaspoons Sugar
- 1/2 teaspoon Soy sauce
- 2 teaspoons Canola oil



Traditionally a rectangular pan is used to make this omelet. This recipe is designed for using a round skillet. Use more eggs for a thicker omelet

METHOD



1. Whisk

In a bowl, whisk together eggs, water, sugar, and soy sauce.

2. Pour

In an 8-inch skillet heat the pan on medium heat for 30 sec. Add the oil to the pan and with a paper towel, wipe the excess oil. Pour half the egg mixture into the pan.

3. Cook

Lift the pan and rotate to spread the egg around the sides of the pan. Cook until set (about 1-2 min).

4. Form

Add the rest of the egg. Lift the edges of the pan to allow the egg to seep under the omelet. Roll the omelet to form the shape of a log.



Optional: to keep the shape of the log, place the egg roll onto a sushi mat or a piece of foil and wrap around the egg log. If using foil fold the ends closed and set aside until cool, about 10 min.

5. Cut

When cool cut into 4-6 pieces.

