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The Just Bento Cookbook - the basic facts. The title is now official: it's The

Just Bento Cookbook: Everyday Lunches To Go. (Incidentally, it has a different title in Japanese, which only appears in the back of the book and on the "obi" or little paper band that is required of books in Japan.

The author of the best-selling Just Bento Cookbook is back with hundreds of delicious new Japanese-lunchbox-style recipes — including many low-carb, vegetarian, and vegan options -- that can be made quickly and without a lot of fuss. The passion for bento boxes shows no signs of letting up.

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The Just Bento Cookbook 2: Make-Ahead, Easy, Healthy ...

The Just Bento Cookbook: Everyday Lunches to Go by Makiko Itoh

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"The Just Bento Cookbook" is a treasure trove of delicious recipes and practical tips, and shows you how a daily bento lunch is something you can easily incorporate into your lifestyle. "The Just Bento Cookbook" contains 25 attractive bento menus and more than 150 recipes that have been specially created for the book.

The Just Bento Cookbook clearly illustrates step-by-step methods, provides variations on themes, and delivers the same approachable type of instruction provided on the aforementioned sites. It does not overwhelm, but is not condescending, so it is a helpful tool for both the beginner and the experienced bento maker.

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 ...

The Just Bento Cookbook is great. Even if it's just you and your significant other, there are great recipes in this cookbook - small portions, wonderfully flavored, with easy to follow instructions. In the back is the ever important index, a glossary

of Japanese terms, web sites to visit, even a weekly meal planner.

The Just Bento Cookbook: Everyday... by Makiko Itoh

The Just Bento Cookbook Everyday

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Bento fever is sweeping the world fuelled by its promise of superb food that is economical and healthy in these tough economic times. "The Just Bento Cookbook" contains 25 attractive bento menus and more than 150 recipes, all of which have been specially created for this book.

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The Just Bento Cookbook: Everyday Lunches To Go by Makiko ...

The Just Bento Cookbook: Everyday Lunches to Go By Makiko Doi The first of her two Bento cookbooks, this one has a section on Japanese style bento, as well as a section of not so Japanese style bento.

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The Just Bento Cookbook 2: Make-Ahead, Easy, Healthy ...

Makiko has written "The Just Bento Cookbook: Everyday Lunches to Go" featuring 25 attractive bento menus and features more than 150 recipes which include the Sushi Roll Bento, the Chicken Karaage Bento but as it does feature Japanese style bentos, she also has a not-so-Japanese section which has a Summer Vegetable Casserole Bento and Every Loves a Pie Bento.

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The Just Bento Cookbook is great. Even if it's just you and your significant other, there are great recipes in this cookbook - small portions, wonderfully flavored, with easy to follow instructions. In the back is the ever important index, a glossary of Japanese terms, web sites to visit, even a weekly meal planner.

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