

## DIY Bento Box

*This is perfect for meal prep. These come together in one box, can easily be assembled several at a time, and keep well in the fridge for 6-7 days. The recipe below is for 1 whole bento box, but feel free to multiply the ingredients for however many bento boxes you need. All the ingredients are easy to cook in big batches.*

### Ingredients:

¾ cup	Cooked brown rice (hack: use the steamable bags for quick prep)
2 oz	Boneless skinless chicken breast tenders
1 tbsp	Garlic powder, divided in half
1 tsp	Siracha sauce
1 tsp	Reduced sodium soy sauce
1 cup	Non-starchy veggies of choice, rinsed, cut into bite-size pieces (I used broccoli, peppers, zucchini, and yellow squash)
2 tsp	Lite butter (I used "I Can't Believe It Is Not Butter")
1 tbsp	Peanut sauce (I used the Sky Valley Thai Peanut Sauce)
½ large	Hard-boiled egg (see my <a href="#">recipe for quick hard-boiled eggs</a> )

### Directions:

1. Prepare the brown rice according to the package instructions. Pour the ¾ cup cooked rice into a deep, rectangular Tupperware container (about 28 oz container). Click this [link for the ones I like to use](#).
2. Preheat the oven to 425 degrees F. Spray 8x8 baking dish with oil. Place tenders in pre-greased dish. Rub 2 tsp garlic powder on the chicken tenders. Pour siracha and soy sauce on the tenders. Bake for 8 minutes, flip, then bake another 8 minutes or until internal temp reaches 165 degrees F.
3. While chicken and rice cook, prepare the veggies. If using raw, heat butter over medium heat in skillet. Add veggies into skillet, sprinkle with 1 tsp garlic powder and sauté until tender (stir / toss frequently). If using frozen, follow the cooking instructions of the bag then toss in butter and 1 tsp garlic powder. Place cooked veggies in the bento box over the rice.
4. Once chicken is done, add to the bento box with the rice and veggies. Drizzle peanut sauce over all the food. Complete assembly by placing ½ hard boiled egg in the bento box and topping.
5. Place in fridge for up to 6-7 days. Take out and reheat prior to eating! Enjoy!

Servings: 1

Serving size: 1 Bento Box (whole recipe)

DIY Bento Box		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving		% Daily Value*
Calories	383 kcal	19 %
<b>Total Fat</b>	11.4 g	18 %
Saturated Fat	2.2 g	11 %
Trans Fat	0.3 g	
Cholesterol	125.8 mg	42 %
Sodium	815.1 mg	34 %
<b>Total Carbohydrate</b>	50 g	17 %
Dietary Fiber	4.1 g	16 %
Sugars	9.4 g	
<b>Protein</b>	21.8 g	44 %
Vitamin A	17 %	Vitamin C 47 %
Calcium	4 %	Iron 14 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at [cronometer.com](http://cronometer.com) </>