

RECIPE | TOMATOES

HEALTHY LUNCH BENTO BOXES



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INGREDIENTS

2 pints Pure Flavor® Juno Bites Red Grape Tomatoes
14 oz Pure Flavor® Mini Cucumbers, quartered
1 lb Pure Flavor® Aurora Bites Mini Sweet Peppers
6 slices of sliced ham or bologna
2 slices of cheddar cheese
2 flour tortillas
1 cup crackers
2 cups snap peas
1 cup Romaine lettuce
1 cup pretzels

1 tbsp flavored olive oil
1 cup baby spinach
1 pear, sliced
1 cup marbled cheese, cubed
1 cup dry bowtie noodles
1 cup blueberries
1 cup frozen peas
1 orange, quartered

DIRECTIONS

Bento 1

1. Wrap two slices of ham or bologna with lettuce and sliced cheddar cheese in a flour tortilla. Slice in half and hold in place with a toothpick.
2. Fill with fresh, whole Juno Bites, snap peas, and crackers.

Bento 2

1. Mix Juno Bites with snap peas and baby spinach. Drizzle with flavored olive oil.
2. Fill with fresh Mini Cucumbers and pretzels.

Bento 3

1. Slide whole Juno Bites, marbled cheese, and cucumbers onto mini skewers.
2. Fill with pear, slices of ham, and fresh Aurora Bites.

Bento 4

1. Fill a small saucepan with 2 inches of water, salted lightly, and bring to a boil.
2. Boil bowtie noodles. After 1 minute, add frozen peas. Strain and chill in fridge.
3. Fill with whole Juno Bites, blueberries and orange.



TOTAL TIME

30 minutes

PREP TIME

20 minutes

COOK TIME

10 minutes

SERVES

4

COOKING LEVEL

Easy