

# Three Fresh and Healthy Lunch Recipes for Asian Kids

As a parent, you want to make sure your kids are eating healthy and delicious lunches. But with all the processed foods and sugary drinks available, it can be hard to find healthy options that kids will actually enjoy. That's why we've put together these three fresh and healthy lunch recipes for Asian kids.



## Three Fresh And Healthy Lunch Recipes for Asian Kids:

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★★★★☆ 4.5 out of 5

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These recipes are all easy to make and can be packed in a lunch box. They are also packed with nutrients that will help your kids stay energized throughout the day.

### 1. Chicken Teriyaki Rice Bowl

This rice bowl is a great option for kids who love teriyaki sauce. It's made with brown rice, which is a good source of fiber, and chicken, which is a

good source of protein. The teriyaki sauce is made with soy sauce, honey, and ginger, and it adds a delicious sweet and savory flavor to the dish.

### **Ingredients:**

- 1 cup brown rice
- 1/2 pound boneless, skinless chicken breasts
- 1/4 cup soy sauce
- 1/4 cup honey
- 1 tablespoon grated ginger
- 1/4 cup chopped green onions
- 1/4 cup sesame seeds

### **Instructions:**

1. Cook the rice according to package directions.
2. While the rice is cooking, cut the chicken into small pieces.
3. In a medium bowl, whisk together the soy sauce, honey, and ginger.
4. Add the chicken to the bowl and stir to coat.
5. Heat a large skillet over medium heat. Add the chicken and cook until browned on all sides.
6. Serve the chicken over the rice and top with green onions and sesame seeds.



## 2. Salmon Sushi Rolls

These sushi rolls are a fun and healthy way to get your kids to eat fish. They are made with brown rice, which is a good source of fiber, and salmon, which is a good source of protein and omega-3 fatty acids. The

sushi rolls are also wrapped in seaweed, which is a good source of vitamins and minerals.

### **Ingredients:**

- 1 cup brown rice
- 1/2 pound salmon, cooked and flaked
- 1/4 cup chopped cucumber
- 1/4 cup chopped carrots
- 1/4 cup chopped avocado
- 10 sheets of nori (seaweed)

### **Instructions:**

1. Cook the rice according to package directions.
2. While the rice is cooking, flake the salmon.
3. In a large bowl, combine the rice, salmon, cucumber, carrots, and avocado.
4. Lay a sheet of nori on a bamboo rolling mat. Spread a thin layer of rice over the nori, leaving a 1-inch bFree Download at the top.
5. Place a line of filling in the center of the rice. Roll up the nori tightly, starting from the bottom and working your way to the top. Wet the bFree Download of the nori to seal the roll.
6. Slice the roll into 8 pieces and serve.



### 3. Vietnamese Noodle Salad

This noodle salad is a refreshing and healthy way to get your kids to eat vegetables. It's made with rice noodles, which are a good source of carbohydrates, and vegetables, which are a good source of vitamins and

minerals. The salad is also dressed with a light vinaigrette, which adds a delicious tangy flavor.

### Ingredients:

- 1 package (8 ounces) rice noodles
- 1/2 cup chopped cucumber
- 1/2 cup chopped carrots
- 1/2 cup chopped bell pepper



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