



# GOOD GRIPS<sup>®</sup>

Salad Chopper & Bowl



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INSTRUCTIONS & RECIPES

## INSTRUCTIONS FOR USE

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1. Assemble salad ingredients in Bowl.
2. Grip handle as shown and chop in downward motion.
3. For best results, grip outer rim of Bowl and rotate while chopping.
4. For an appetizing and nutritious chopped salad, simply dress and serve.

All parts are dishwasher safe.

## SPINACH & APPLE SALAD

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### INGREDIENTS

- Baby spinach leaves
- Sliced almonds
- Crumbled blue cheese
- Sliced green apple

## ITALIAN SALAD

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Assemble salad ingredients in Bowl and chop.  
Dress with **olive oil** and **lemon juice**.



### INGREDIENTS

- Romaine lettuce
- Red pepper
- Sliced cucumber
- Pitted black olives
- Sliced mozzarella
- Toasted pine nuts

## CHICKEN & WALNUT SALAD

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Assemble salad ingredients in Bowl and chop.  
Dress with **olive oil** and **balsamic vinegar**.



### INGREDIENTS

- Mesclun leaves
- Walnuts
- Dried cranberries
- Grilled chicken breast, chopped
- Crumbled goat cheese



Assemble salad ingredients in Bowl and chop.  
Dress with **olive oil, red wine vinegar and Dijon mustard.**



**Enjoy!**