

## Which Tool To Use ... Manual Food Processor or Food Chopper?

Food	Application	Manual Food Processor	Food Chopper
Fruits			
Blueberries, frozen and then slightly thawed	Ices	✓	✓
Mango (fresh or slightly thawed)	Fruit salsa	✓	✓ (fresh only)
Nectarines (fresh)	Salsa	✓	
Olives (Kalamata, green)	Tapenades, filling	✓	✓
Raspberries, frozen and then slightly thawed	Ices	✓	
Strawberries (fresh or slightly thawed)	Ices	✓	
Vegetables and Beans			
Artichoke	Tapenade or bruchetta topping	✓	✓
Beans (chickpeas)	"Hummus" or other bean dips	✓	
Bell peppers	Finely chop for dips, salsa fillings or to saute	✓	✓
Broccoli	Salads, fillings	✓	✓
Lettuce, iceberg	Finely chop for tacos/subs	✓	
Onions	Salsas, fillings, saute for recipes	✓	✓
Potatoes, raw and cooked	Add to egg casseroles	✓	
Sun-dried tomatoes	Fillings, dips		✓
Tomatoes (canned)	Sauces	✓	
Herbs			
Mint	Finely chop to add to recipes or beverages	✓	
Cilantro	Finely chop to add to recipes	✓	✓
Basil	Finely chop to add to recipes	✓	✓
Parsley	Finely chop to add to recipes	✓	✓
Dry foods			
Nuts (peanuts, walnuts, pecans)	Toppings		✓
Cookies	Crumb crusts, toppings for ice cream	✓	✓
Other foods			
Butter (softened)	Compound butter	✓	
Cream cheese (softened)	Flavored cream cheese	✓	
Cooked chicken	Create chicken salads or topping for lettuce salad		✓