



Salad Rocker



Instruction & Recipe Booklet



How to Make Any Chopped Salad



1. Wash and select your fresh salad ingredients, then add them to your bowl. You may need to slice or roughly cut some larger salad items such as cabbages, cucumbers, apples, etc.
2. Grab the Chopping Knife by the handle and push down into the bowl, chopping and rocking as you go.
3. Grip the outer rim of the bowl and rotate as you chop.
4. Dress with your favorite salad dressing and serve.

Cleaning & Care:

The Salad Rocker and included Chopping Knife are both dishwasher safe.

Recipes

Spinach Salad

(Serves 2)

3	cups fresh spinach	¼	cup walnuts
½	cucumber, sliced	1	hardboiled egg
¼	orange bell pepper, sliced	2	slices cooked bacon,
¼	red onion, sliced		crispy

Suggested Dressing: Poppy Seed Vinaigrette



Asian Broccoli Salad

(Serves 2)

2	cups broccoli florets	4-5	white mushrooms
½	cup sugar snap peas	¼	cup carrots, sliced
¼	cup water chestnuts	¼	orange bell pepper, sliced
½	cucumber, sliced	¼	red onion, sliced
¼	head red cabbage		

Suggested Dressing: Sesame Ginger Vinaigrette

Chef Salad

(Serves 2)

2	heads romaine lettuce	2	slices lunch turkey
½	cucumber, sliced	2	slices Swiss cheese
1	Roma tomato, sliced	2	slices cooked bacon,
¼	red onion, sliced		crispy
2	slices lunch ham	1	hardboiled egg

Suggested Dressing: Blue Cheese or Ranch



Chicken Bacon Caesar

(Serves 2)

2	heads romaine lettuce	2	slices cooked bacon,
½	cup cooked rotisserie		crispy
	chicken	¼	cup Parmesan cheese
½	cup grape tomatoes	¼	cup croutons
¼	red onion, sliced	½	tsp cracked black pepper
2	hardboiled eggs	2	lemon wedges to garnish

Suggested Dressing: Caesar

Apple Fennel Walnut

(Serves 2)

2	heads butter lettuce	½	tblsp olive oil
1	small fennel bulbs	1	tblsp apple cider vinegar
5-6	fennel fronds	1	tsp honey
1	red apple, sliced	½	tsp salt
1	green apple, sliced	½	tsp cracked black pepper
½	cup walnuts	¼	cup blue cheese crumbles

1. *Chop lettuce, fennel, apples and walnuts in the bowl.*
2. *Dress with olive oil, vinegar, honey, salt, pepper and blue cheese. Toss and serve.*



Greek Salad

(Serves 2)

2	heads romaine lettuce	¼	red bell pepper, sliced
1	cucumber, sliced	4-5	pepperoncini peppers
¼	medium tomatoes, sliced	¼	cup black olives, pitted
½	red onion, sliced	¼	cup feta cheese, crumbled

Suggested Dressing: Greek Vinaigrette

Muffuletta Salad

(Serves 3-4)

1	head romaine lettuce	2	Roma tomatoes, sliced
1	head red leaf lettuce	½	cup pitted black olives
5-6	fresh basil leaves	½	cup pimento stuffed green olives
2	slices Soppressata, ¼-inch	½	cup sweet cherry peppers
2	slices Mortadella, ¼-inch	2	tbsp capers, drained
4	slices salami, ¼-inch	3	tbsp olive oil
2	slices ham, ¼-inch	1½	tbsp red wine vinegar
3	slices provolone cheese	1	tsp dried oregano
¼	red onion, sliced	—	black pepper to taste
2	garlic cloves		

1. *Chop lettuce, basil, cheeses, meats, onions, garlic, tomatoes, olives, peppers and capers in the bowl.*
2. *Dress with olive oil, vinegar and oregano. Add pepper to taste. Toss and serve.*



Pico de Gallo

(Serves 3-4)

6	Roma tomatoes, sliced	½	bunch cilantro
1	sweet onion, sliced	1	tbsp fresh lime juice
2-3	jalapeño peppers, seeded	½	tsp sea salt
3-4	garlic cloves	½	tsp cracked black pepper

Peach Salsa

(Serves 3-4)

6	Roma tomatoes, sliced	½	bunch cilantro
3	peaches, halved	2	tbsp lime juice
1	orange bell pepper, sliced	1	tsp chili powder
2	jalapeño peppers, seeded	—	salt and pepper to taste
1	red onion, sliced		



Southwest Salsa

(Serves 3-4)

6	Roma tomatoes, sliced	½	cup canned black beans, drained
1	sweet onion, sliced		
½	bunch cilantro	1	tbsp lime juice
2	jalapeño peppers, seeded	½	tsp ground cumin
3-4	garlic cloves	½	tsp sea salt
½	cup canned corn, drained	½	tsp black pepper



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