

# Quick Prep Food Grater Food Chart



**Note: Always refer to the Use and Care when using this product.**

When food is lower than the food hopper, always use the food pusher and the food pusher insert.

Never put your fingers in the food hopper.

Food	Preparation	Position of Food	Slicing Blade	Coarse Grating Blade	Fine Grating Blade
<b>Apple</b>	Trim sides if it's too large to fit in the bottom of the food pusher.	Place one chunk in the food pusher resting the cut side on the angled edge.	X	X	
<b>Boneless, Skinless Chicken Breast, Cooked</b>	Cooled and cut to fit in the food pusher.	Any position.	X		
<b>Broccoli/Cauliflower</b>	<b>Florets:</b> Cut into small pieces small enough to fit into the food pusher. <b>Stem (without florets):</b> Remove the extra leaves.	<b>Florets:</b> Fill the food pusher with the florets. <b>Stem (without florets):</b> Hold vertically and grate at a higher speed.	X	X	X
<b>Brussels Sprouts</b>	None	Fill the food pusher and use food pusher insert to grate.	X		
<b>Cabbage/Iceberg Lettuce</b>	Cut into wedges small enough to fit into the food pusher leaving the core intact.	Place in the food pusher so the outer leaves come in contact with the blade first.	X (The blade shreds it.)	X	
<b>Carrot</b>	Peel and trim off the stem.	Place the thick side of the carrot down in the food pusher and hold vertically. Grate at a higher speed. Use the food insert to finish grating.	X	X	X
<b>Celery</b>	Trim the root end off.	Use the food pusher and hold the celery vertically with the hollow side facing the angle of the food pusher.	X		
<b>Cheese, Hard, and Semi-Soft (not recommended for soft cheese like fresh mozzarella)</b>	Chill the cheese. With semi-soft cheese, freeze for 10–15 minutes before grating, if needed.	Place at an angle along the food pusher and rotate occasionally.		X	X
<b>Chocolate Squares (not morsels)</b>	Break into squares to fit in the food pusher.	Place the chocolate stacked vertically into food pusher.		X	X
<b>Cucumber</b>	Score, if desired.	Use the food pusher if it fits. Hold vertically and rotate the food occasionally.	X	X	X
<b>Hard-Boiled Eggs</b>	Peel the shells.	Any position.	X	X	

Food	Preparation	Position of Food	Slicing Blade	Coarse Grating Blade	Fine Grating Blade
Onion	Trim off the non-root end and remove the outer layers. Cut into wedges small enough to fit into the food pusher leaving the core intact.	Place the onion so the outer layer comes in contact with the blade first.	X		
Radish	Remove the leaves.	Fill the food pusher with the stem side up.	X	X	X
Russet Potato/ Sweet Potato	Cut to fit the food pusher, peel if desired.	Any position.	X	X	X
Zucchini	None	Place the stem side up and hold vertically.	X	X	X

**Note:** Not recommended for kale, red/green peppers, nuts, cantaloupe slices, strawberries, tomatoes, ice, hard candies, and wood chips.

#### General Food Grater Tips and Tricks:

- Apply light pressure for the best output, but enough so food is held in place and not forced into blade.
- **Soft and Watery Foods:** Foods high in water content like tomatoes and fresh mozzarella won't grate/slice well. These types of foods work best with the **Simple Slicer**.
- **Thicker-Skinned Vegetables:** If you're having trouble grating thicker-skinned vegetables like cucumbers, peel or score lengthwise strips into the skin before slicing for best results. You can also create half-moon slices by cutting the cucumbers lengthwise but don't cut through the last 1" (2.5 cm). That piece will keep the cucumber intact while you grate.
- **Shredded Cabbage/Lettuce:** To get a great shred on cabbage or lettuce, use the slicing blade and place the food so that the outer leaves are cut by the blade first.
- **Long Skinny Vegetables:** Start by pushing long foods like carrots and celery into the grater by hand. Or, cut long foods in half for better leverage. When the food gets shorter or sits inside the food pusher, use the food pusher insert. Never put your hands or fingers inside the food hopper. Always use the food pusher in the food hopper.

#### Food Pusher Tips:

- Use the food pusher and food pusher insert together to push larger foods into the blade.
- Align the food pusher and food pusher insert, but don't force the pieces together.
- The food pusher is larger at top than on the bottom. To prevent food from getting stuck in the food pusher, use the bottom of the food pusher as a guide to help cut food to size.