# Chopping Vegetables

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<th>How to Chop</th>
<th>You’ll need...</th>
<th>Step-by-Step</th>
<th>What it looks like</th>
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<tr>
<td>LEAFY GREENS (lettuce, spinach, kale, collards)</td>
<td>1. Cutting board 2. Chef’s knife</td>
<td>1. Wash and drain leaves. 2. If necessary, cut out the tough rib (white firm section of the leaf in the middle) by slicing along both sides, pulling it off, and discarding it. 3. Stack the leaves one on top of the other, roll them up, and slice across the roll into ribbons.</td>
<td>![Leafy Greens Image]</td>
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<tr>
<td>SQUASH (butternut squash, pumpkin)</td>
<td>1. Chef’s knife 2. Spoon 3. Cutting board 4. Veggie peeler</td>
<td>1. Cut off one end of the squash. Stand the squash on this end, so it is flat and steady. 2. Remove the peel w/a peeler. 3. Cut in half from top to bottom, so you can see the seeds. Using a spoon, remove the seeds and membrane. 4. Cut each half of the squash in half again. Then, slice into 1-inch wide strips. 5. Turning each strip 90 degrees, cut into 1-inch cubes.</td>
<td>![Squash Image]</td>
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<tr>
<td>AWKWARDLY-SHAPED ROOT VEGGIES (potatoes, sweet potatoes, carrots, beets)</td>
<td>1. Cutting board 2. Chef’s knife 3. Veggie peeler</td>
<td>1. Wash veggie. 2. Peel, if needed. 3. Cut veggie into quarters. 4. Make two piles, with curved end on top of each pile so base is steady and flat. Cut the veggie into quarters, lengthwise. 5. Turn the stacks so you cut against the lengthwise strips and get diced chunks.</td>
<td>![Root Vegetables Image]</td>
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Wash All Produce
| Long Cylinder-Shaped Veggies (cucumber, zucchini) | 1. Chef’s knife or medium-sized knife  
2. Cutting board  
2. Cut off ends of the veggie.  
3. Slice veggie every ½ inch until all the veggie has been sliced. The size of the slice is up to you and the dish you are making! |
|---|---|---|
| Peppers | 1. Gloves  
2. Chef’s knife  
3. Cutting board | 1. When chopping hot chilies, wear gloves as you can transfer the heat to your eyes and skin, which can burn.  
2. Cut off top (with stem) using a knife.  
3. Cut down the middle of the chili first and then cut the halves in half, making quarters.  
4. Remove the seeds with your knife.  
5. Stack the quarters together and chop into small pieces. |
| Tomatoes and Onions | 1. Cutting board  
2. Small knife | 1. With tomato facing up, remove the core/stem, by cutting a small circle at the top of tomato and pulling stem out.  
2. Put the tomato facing down and slice tomato in half.  
3. Cut each half into quarters for slices.  
4. If smaller pieces are desired, cut each quarter in smaller pieces. |

Wash All Produce

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