

Chopped Salad Recipe (Accessible + Customizable)

Ingredients

- 2 heads of lettuce
- 2 avocados
- 2 bell peppers (1 red, 1 yellow)
- Rotisserie chicken (shredded)
- Mixed berries: blueberries and raspberries (washed)
- Salad dressing of choice (for this video, Italian vinegar)

Optional Add-ins:

- Cucumbers
 - Cherry tomatoes
 - Carrots
 - Nuts or seeds
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Step-by-Step Instructions + Video Shots

1. Prep Lettuce

Action:

- Remove outer leaves that are closer to the base or dirt and dispose of them.
- Wash the remaining lettuce thoroughly.
- Chop into bite-sized pieces.

Accessibility & Rehab Focus:

- This is great for practicing hand strength, coordination, and fine motor control.
 - Can be done seated or standing depending on balance and endurance.
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2. Prep Bell Peppers

Action:

- Wash and slice the red and yellow bell peppers into thin strips or small pieces.

Accessibility & Rehab Focus:

- Slicing peppers works on fine motor skills and hand-eye coordination.
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3. Prep Avocados

Action:

- Slice and pit the avocados, then cut into chunks or slices.
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4. Prep Chicken

Action:

- Shred the rotisserie chicken and remove any skin or bones.
 - Set aside to add on top of the salad later.
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5. Prep Berries

Action:

- Wash blueberries and raspberries carefully.
- Add to salad or set aside for topping later.

Accessibility & Rehab Focus:

- Picking and placing small berries can help with fine motor skills and dexterity.
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6. Assemble Salad

Action:

- Place chopped lettuce in a large salad bowl.
- Add bell peppers, avocado chunks, and berries.
- Top with shredded rotisserie chicken.
- Drizzle salad dressing (Italian vinegar used here) and toss lightly.

Accessibility & Rehab Focus:

- Topping ingredients and mixing salad can be done seated or standing, and helps practice coordination and strength.
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7. Serve Salad**Action:**

- Portion into bowls or plates and serve.
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Accessibility & Rehab Message

This chopped salad activity can be adapted for seated or standing positions. Small tasks like chopping, slicing, and washing ingredients help build hand strength, coordination, and dexterity. Alternating between seated and standing tasks can support balance and endurance, while still creating a healthy, delicious salad.
