

Top Bird Food Recipe: Chopper Salad

A Bird Talk reader shares her birds favorite bird food recipe

Kelly Carman and her quaker parrot, Chopper.

Kelly Carman of New York said she modified a recipe given to her from a fellow keeper at the Prospect Park Zoo, a recipe for thick-billed parrots, to get her bird to eat more fruits and veggies. "When I noticed that my quaker parrot, Chopper, wasn't eating the diet that was set for her, I started to think of other ideas to get her to eat the foods that she liked while making sure to give her all the nutrients and vitamins she needed," Carman said.

Recipe Ingredients:

- 1 cup chopped strawberries
- 1 cup chopped blueberries
- 1 cup chopped raspberries
- 1 cup chopped papaya
- 1 cup chopped mango
- 1 cup chopped zucchini
- 1 cup chick peas
- 1 cup mixed vegetables
- 1 cup cooked brown rice
- 1 Tablespoon cinnamon

Recipe Instructions:

1. Mix all of the ingredients in a large bowl
2. Portion out into sandwich bags (Portion sizes depend on what type of bird you have and how big your flock is.)
3. Serve to your bird with your bird pellet or seed mix. Place remaining bags in the freezer.

Storage:

Carman freezes the bags and stores them in the freezer. She pulls a portioned bag out in the morning to thaw before she serves it to her quaker parrot.

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