

I was so glad to see this innovative way to treat cucumbers. Smashing almost turns them into a different vegetable that makes a fun and different salad base, that's easier to eat than slices or chunks, and that absorbs flavors better.

**Smashed Cucumber Salad
with Blueberries, Chicken (or
Chickpeas) and Coconut**
Serves 2



Ingredients	Instructions
1 large cucumber (about 8" long)	Smash Cucumber Since this can be challenging and messy, be sure to see the helpful instructions and pictures in the NOTES below to make it easier.
1 cup blueberries 1 cup peaches or nectarines, cut in roughly 1" pieces 1 1/2 cups shredded chicken or about 1 cup chickpeas 2-4 Tbsp. crushed peanuts, plus more for garnish is desired ½ cup shredded unsweetened coconut Asian-Style Salad Dressing (see recipe)	Assemble Salad Combine smashed cucumber in a medium salad serving bowl with blueberries, peaches or nectarines, chicken and peanuts. Stir gently with a large spoon to combine. Divide into two bowls, top with coconut and, if desired, additional crushed peanuts. Dress to taste with Asian-Style Dressing.

NOTES

Smashing the Cucumber Place cucumber on a large, sturdy cutting board and slice into rounds about 1" thick. Cover rounds with a thick, clean dish towel, then use a heavy object (e.g., sledge hammer, hammer, rolling pin, large can of tomatoes, etc.) to smash cucumber rounds into roughly 1-2" pieces. Use a large chefs knife to slice any large pieces of skin into roughly 1" pieces.



Personal Taste As with most salads, amounts should be varied to meet individual tastes and health needs. Of course, include additional vegetables or legumes to taste.

Chicken Time Saver Don't be bashful about using shredded rotisserie chicken to save time and clean up.