

# Lauren's Kitchen: Cucumber Peanut Salad



Yes, it is another cucumber recipe but seriously they **are** the fruit of the season and are so cooling for the body which is welcome this month. This is a salad that will bring all of your favorite tastes together in each bite; spicy, sweet, crunchy, and salty. While the ingredients for this salad can be prepped ahead you won't want to mix them until serving time as the peanuts tend to lose their crunch. I have my daughter Kate to thank for this recipe and Heidi Swanson who featured it on her ever inspiring blog 101 Cookbooks. It's now a summer staple.

Here are the ingredients you will need:

3 medium cucumbers, partially peeled

1-2 green serrano chiles, stemmed and minced (*I suggest going*

*easy here and start with  $\frac{1}{2}$  a chile)*

*1/2 c / 2.5oz / 70g peanuts, toasted (purchase raw organic from the bulk section)*

*1/3 c / 1.5oz / 45g dried large-flake coconut, toasted (I toast in a pan to keep close watch but the oven works equally well just keep an eye on it as it burns quickly)*

*2 T fresh lemon juice*

*1 t natural cane sugar (I substitute coconut sugar or maple syrup)*

*1 T, ghee, clarified butter, or sunflower oil (or coconut oil)*

*1/2 t black mustard seeds*

*1/4 t cumin seeds*

*scant 1/2 teaspoon fine grain sea salt*

*a handful cilantro, chopped*

Full instructions can be found [here](#).