

Avocado-Corn Chowder with Grilled Chicken

Mark Bittman

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Preparation Time: 28 minutes

Start to Finish Time: 28 minutes

This is a chilled summer soup.

2 ripe avocados, divided
1 1/2 cups water
1/2 cup fresh orange juice
1 teaspoon honey, divided
1 teaspoon Kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
1/4 teaspoon ground red pepper (optional)
12 ounces skinless/ boneless chicken breast
1 teaspoon olive oil
1 small clove garlic, cut in half
1 1/2 cups (3 ears) fresh corn kernels
1 cup red bell pepper, chopped
1/3 cup green onions, chopped
1/4 cup fresh cilantro, chopped
4 lime wedges

Peel and coarsely chop one avocado. Place in a blender.

Add water, orange juice, honey, 3/4 teaspoon of salt, 1/4 teaspoon black pepper and the red pepper, if desired.

Blend until smooth. Place in freezer to chill while the chicken cooks.

Heat a grill pan over medium-high heat.

Brush the chicken with oil. Sprinkle with the remaining salt and black pepper.

Place the chicken in the pan. Cook 4 minutes on each side or until done.

Remove the chicken from the pan. Rub the chicken with the cut sides of the garlic halves.

Let the chicken stand for 10 minutes. Cut or shred into bite-size pieces.

Peel and dice the remaining avocado. Stir the diced avocado, corn, bell pepper and onions into the chilled avocado puree.

Spoon the chowder into bowls. Top with the chicken and cilantro.

Serve with lime wedges.

Per Serving (excluding unknown items): 412 Calories; 7g Fat (13.6% calories from fat); 11g Protein; 91g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 1912mg Sodium. Exchanges: 3 1/2 Grain(Starch); 2 Vegetable; 1 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.