

Chilled Avocado Soup with Seared Chipotle Shrimp

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Servings: 8

Preparation Time: 19 minutes

Start to Finish Time: 30 minutes

SOUP

3 cups fat-free low-sodium chicken broth

1 1/2 cups (about 2) avocado, peeled and diced

2 tablespoons fresh cilantro, chopped

2 tablespoons fresh lime juice

1/4 teaspoon Kosher salt

1/4 teaspoon freshly ground black pepper

LIME CREAM

3/4 cup reduced-fat sour cream

1 tablespoon fresh cilantro, chopped

1 teaspoon grated lime rind

1/2 teaspoon freshly ground black pepper

SHRIMP

3/4 pound medium shrimp, peeled and deveined

1/2 teaspoon ground cumin

1/2 teaspoon freshly ground black pepper

1/2 teaspoon Kosher salt

1 can (7 oz) chipotle chiles in adobo sauce

cooking spray

1 cup (2 ears) fresh corn kernels

1/4 cup red onions, finely chopped

1 clove garlic, minced

1 tablespoon fresh lime juice

TO PREPARE THE SOUP: Place chicken broth, avocado, cilantro, lime juice, Kosher salt and pepper in a blender or food processor and process until smooth. Cover and chill.

TO PREPARE LIME CREAM: Combine sour cream, cilantro, lime rind and black pepper in a bowl; stir well. Cover and chill.

TO PREPARE THE SHRIMP: Sprinkle the shrimp with cumin and salt; set aside. Remove one chipotle chile and one tablespoon adobo sauce from can; finely chop the chile. Reserve the remaining chiles and adobo sauce for another use.

Heat a large nonstick skillet over medium-high heat. Coat the pan with cooking spray. Add shrimp and cook for 2 minutes. Turn shrimp over. Add corn, onion and garlic; saute' for 2 minutes. Add chopped chipotle chile, adobo sauce and lime juice; saute' for 2 minutes or until shrimp are done and vegetables are crisp-tender.

To serve, ladle about 1/2 cup of soup into each of eight bowls. Top with 1 1/2 tablespoons of Lime Cream, one-eighth of the shrimp and about two tablespoons of the corn mixture.

Per Serving (excluding unknown items): 129 Calories; 7g Fat (44.3% calories from fat); 10g Protein; 9g Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol; 244mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat.