

Soups & Chili

Creamy Avocado Gazpacho with 'BLT'

Chef Lenore Pinello - The Kitchen, Tequesta, FL
Palm Beach Post

Servings: 4

Start to Finish Time: 15 minutes

3 Hass avocados

juice of one lemon

salt to taste

1/2 cup sour cream

1/2 cup ice water

bacon or prosciutto (cooked crispy), cut into matchsticks

1 ripe tomato, diced small

2 leaves romaine lettuce, cut into a small julienne

In a food processor, blend the avocado, lemon, salt and sour cream until smooth.

Add water slowly until the desired consistency is reached.

Garnish with the bacon, lettuce and tomato.

Per Serving (excluding unknown items): 124 Calories; 7g Fat (44.2% calories from fat); 8g Protein; 12g Carbohydrate; 7g Dietary Fiber; 13mg Cholesterol; 51mg Sodium. Exchanges: 2 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.