



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

CHILLED AVOCADO SOUP WITH SEARED CHIPOTLE SHRIMP

COOKING LIGHT - JULY 2011

Makes 8 servings

Soup:

- 3 cups fat-free, lower-sodium chicken broth
- 1½ cups diced peeled avocado (about 2)
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Lime cream:

- ¾ cup reduced-fat sour cream
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon grated lime rind
- ½ teaspoon freshly ground black pepper

Shrimp:

- ¾ pound medium shrimp, peeled and deveined
- ½ teaspoon ground cumin
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon kosher salt
- 1 (7-oz) can chipotle chiles in adobo sauce
- Cooking spray
- 1 cup fresh corn kernels (about 2 ears)
- ¼ cup finely chopped red onion
- 1 garlic clove, minced
- 1 tablespoon fresh lime juice

- To prepare soup, place chicken broth and next 5 ingredients (through ¼ teaspoon black pepper) in a blender or food processor, and process until smooth. Cover and chill.
- To prepare lime cream, combine sour cream and next 3 ingredients (through ½ teaspoon black pepper) in a bowl; stir well. Cover and chill.
- To prepare the shrimp, sprinkle shrimp with cumin, ½ teaspoon pepper, and ¼ teaspoon salt; set aside. Remove 1 chipotle chile and 1 tablespoon adobo sauce from can, and finely chop chile. Reserve 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 2 minutes. Turn shrimp over. Add corn, onion, and garlic; sauté for 2 minutes. Add chopped chipotle chile, 1 tablespoon adobo sauce, and 1 tablespoon lime juice; sauté for 2 minutes or until shrimp are done and vegetables are crisp-tender.
- To serve, ladle about ½ cup soup into each of 8 bowls. Top with 1 ½ tablespoons lime cream, one-eighth of shrimp, and about 2 tablespoons corn mixture.