



Chilled Avocado Soup with Shrimp

Adapted from [Cooking Light Good Mood Food](#)

BAH Note: Cooking Light calls for low fat sour cream. I got feisty and used regular. Let your conscience (and your waistline) be your guide. Yes, this dish has several components. But they can all be made ahead of time. When you're ready to serve, just put all the pieces together.

Soup

- 3 cups chicken broth
- 1 1/2 cups diced peeled avocado (about 2)
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper

Lime Cream

- 3/4 cup sour cream
- 1 tablespoon chopped cilantro (optional)
- 1 tablespoon lime juice
- 1 teaspoon lime zest
- 1/8 teaspoon kosher salt

Shrimp

- 1 pound shrimp, unpeeled
- 1/4 teaspoon kosher salt
- 1 cup corn kernels (about 2 ears if using fresh)
- 1/4 cup chopped red onion

To prepare soup, place chicken broth, avocado, cilantro, lime juice, salt and pepper in a blender or food processor and process until smooth. Cover and chill.

For lime cream, combine sour cream, cilantro (if using), lime juice and zest, and salt in a bowl. Stir until combined and add additional lime juice to get the consistency you like.

To prepare shrimp, heat oven to 400 degrees and line a sheet pan with aluminum foil. Spread the shrimp into a single layer on the sheet pan, coat with 1 tablespoon olive oil and 1/2

teaspoon kosher salt. Roast for 8 to 10 minutes or until the shrimp is firm and cooked through. Allow to cool thoroughly before peeling.

While the shrimp roasts and cools, heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the onion and cook until the onions begins to soften. Add the corn and cook, stirring occasionally to allow the mixture to brown and char a bit.

Serve the chilled avocado soup garnished with the shrimp, lime cream, and corn mixture.

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