



Gazpacho with Shrimp and Avocado

INGREDIENTS

5 medium ripe tomatoes, chopped	1 red onion, chopped
1 green and 1 red bell pepper, chopped	1 cucumber, peeled, seeded, chopped
handful of fresh parsley	4 cloves garlic, minced
juice of 2 lemons, divided	2 TBSP white wine vinegar
2 cups tomato juice	3 slices avocado
1 lb medium prawns, peeled and deveined	Salt and pepper to taste

DIRECTIONS

Preheat grill to medium-high. In a food processor or blender, combine the tomatoes, onion, red and green bell peppers, cucumber, garlic, and parsley. Pulse until the mixture is chunky. Do not over-process. Transfer vegetable mixture to a large bowl, add juice of 1 lemon, white wine vinegar, and tomato juice. Stir to combine. Season to taste with salt and pepper. Cover and chill for several hours. Slice avocado and drizzle with remaining lemon juice and set aside. Place shrimp on the grill and cook until pink, about 3-5 minutes. Remove cold soup from refrigerator. Stir and ladle cold soup into bowls. Place avocado and shrimp on top. Makes 6 servings; 150 calories each.