



GAZPACHO WITH CRAB AND AVOCADO

ingredients:

- 1 1/2 pounds tomatoes, seeded
- 1 red bell pepper
- 1 green bell pepper
- 2 salad cucumbers
- 1 large shallot, peeled
- 2 cloves garlic, peeled
- 2 Tablespoons olive oil
- 2 Tablespoons red wine or sherry vinegar
- 1 Tablespoon hot red pepper sauce
- 1 3/4 cups low-sodium or no-salt-added tomato or vegetable juice
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons sugar
- 1 ear fresh corn, kernels removed
- 2 Tablespoons freshly squeezed lemon juice
- 2 Tablespoons fat-free buttermilk
- 1 Tablespoon extra-virgin olive oil
- 1/8 teaspoon salt
- 2 Tablespoons freshly chopped basil
- 2 green onions, green and white parts thinly sliced
- 1/2 pound jumbo lump crab, picked over
- 1 small Hass avocado, cut into 1/2-inch dice

directions:

1. Roughly chop the tomatoes and red and green peppers (remove core and seeds) and place in a food processor or blender. Peel, seed and roughly chop the cucumbers and add to the food processor. Add the shallot, garlic cloves, olive oil, vinegar, hot pepper sauce, tomato juice, salt, pepper and sugar to the food processor. Process until smooth, about 1 minute. Transfer to a bowl and stir in corn. Chill for 2 hours.
2. In a medium bowl, whisk the lemon juice with the buttermilk, olive oil, salt and basil. Fold in the crab, avocado and green onion. Ladle the soup into 8 bowls and mound 1/8 of the crab salad in the center of each bowl and serve.

Yield: 8 servings

Nutrition Information Per Serving:

184 Calories
10 grams Fat
1.5 grams Saturated Fat
17 mg Cholesterol
290 mg Sodium
18 grams Carbohydrates
6 grams Fiber
8 grams Protein

Food exchanges:
3 vegetables
2 fat
1/2 protein



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