

Avocado-Corn Chowder with Grilled Chicken

Mark Bittman, *Cooking Light*, 8/2011



- 2 whole avocados, ripe, divided use
- 1 1/2 cups water (yes, that's the correct amount of water)
- 1/2 cup fresh lemon juice, Meyer lemons, or orange juice
- 1 teaspoon honey, more if using regular lemons
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon red chili flakes, optional
- 12 ounces boneless skinless chicken breast halves
- 1 teaspoon olive oil
- 1 small garlic clove, cut in half
- 1 cup fresh corn kernels, about 3 ears
- 1/2 cup chopped red bell pepper
- 2 tablespoons chopped green onions
- 1/4 cup chopped fresh cilantro
- 4 pieces lime wedges
- 1/4 cup tortilla chips, crushed

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

I eliminated the red chili flakes (didn't think it needed it). For an entree soup, this will serve two people - if this is the case, you may use just half of the remaining avocado, corn from one ear, a few T. of red bell pepper, one onion or two at most. I added the tortilla chips (not in the original recipe). We had two small chicken breasts (4 ounces each) and each ate one, cubed.

1. Peel and coarsely chop 1 avocado; place in a blender. Add water, lemon (or orange) juice, honey, 3/4 teaspoon salt, 1/4 teaspoon black pepper, and red pepper, if desired; blend until smooth. Place in freezer to chill while chicken cooks. Or chill in refrigerator for an hour or two.
2. Heat a grill pan over medium-high heat. Brush chicken with oil; sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper. Place chicken in pan; cook 4 minutes on each side or until done. Remove chicken from pan; rub chicken with cut sides of garlic halves. Let chicken stand 10 minutes; cut or shred into bite-sized pieces.
3. Peel and dice remaining avocado. Pour soup into wide soup bowls and sprinkle on top the diced avocado, corn, bell pepper, and onions into chilled avocado puree. Spoon chowder into bowls; top with chicken, tortilla chips and cilantro. Serve with lime wedges if desired.

Per Serving (excluding unknown items): 402 Calories; 22g Fat (46.1% calories from fat); 24g Protein; 33g Carbohydrate; 5g Dietary Fiber; 49mg Cholesterol; 620mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 Fat; 0 Other Carbohydrates.