



BAY SCALLOPS AND GAZPACHO WITH BABY SHRIMP (SPAIN)

Category: Soup

Prep/cooking time: About 1½ hours

Techniques: Steaming

Equipment: Medium sauce pot, steamer basket, large ceramic or glass bowl

Description

This recipe adds high-protein, low-calorie seafood to traditional gazpacho soup. By doing this, it converts a simple fresh vegetable-based soup, bursting with flavor and texture, into a satisfying entree. Add crusty whole-grain bread and low-fat cheese, if desired, or choose a fruit or a grain-based dessert, such as the **Stuffed Figs in Port Wine**, or the **Olive Oil Cake**, also in the

Recipe File.

Ingredients

¼ pound baby shrimp*
¼ pound bay scallops*
2 cups water
3 cups tomato juice
¼ cup fresh lemon juice
1 medium yellow bell pepper, seeded and diced
1 medium tomato, peeled, seeded and chopped
⅔ cup cucumber, peeled, seeded and diced
½ medium Spanish onion, minced
1 medium clove garlic, minced
1 jalapeno pepper, seeded and minced
3 tablespoons fresh cilantro, minced
¼ teaspoon kosher or sea salt
⅛ teaspoon freshly ground black pepper
2 tablespoons extra-virgin olive oil
1 hard-boiled egg, sliced
Whole-grain croutons

Instructions

1. Place water into medium sauce pot; bring to boil over medium-high heat.
2. Place shrimp and scallops into steamer basket; steam about 1 minute, or until slightly tender; remove and cool.
3. Put tomato juice, lemon juice, bell pepper, tomato, cucumber, onion, garlic, jalapeno pepper, and cilantro into large ceramic or glass bowl; mix well.
4. Add shrimp and scallops; season with salt and pepper.
5. Refrigerate at least 1 hour.
6. Remove from refrigerator; drizzle with olive oil and garnish with hard-boiled egg.
7. Serve with whole-grain croutons, if desired.

BAY SCALLOPS AND GAZPACHO WITH BABY SHRIMP (SPAIN)—Cont'd

Yield and serving size: Serves 6 (1 cup per serving)

Nutrient analysis: 143 calories, 38% calories from fat, 6g total fat, 1g saturated fat, 70mg cholesterol, 12g carbohydrates, 2g fiber, 10g protein, 173mg sodium

Nutrient modifications: To decrease total fat, use less olive oil and/or do not drizzle with olive oil

***Substitute ingredients:** Up to ½ pound cooked firm fish such as halibut or monkfish

Optional ingredients: Whole-grain croutons

Recipe variations: Substitute 1 or 2 tablespoons of low-fat Greek yogurt for the olive oil and hard-boiled egg; top with chopped cilantro



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