

## THE WAY THE COOKIE CRUMBLES



### **Pan-Seared Shrimp with Tomatoes and Avocado** (from America's Test Kitchen *Light and Healthy* 2011)

Serves 4

I used cherry tomatoes since they tend to be better in the winter than bigger varieties. I also substituted about ¼ cup minced roasted and peeled Hatch green chile for the chipotle.

1 pound tomatoes (2 to 3), cored, seeded, and cut into ½-inch pieces  
6 scallions, white and green parts separated and sliced thin  
¼ cup minced fresh cilantro  
3 garlic cloves, minced  
1 tablespoon fresh lime juice  
1 teaspoon minced canned chipotle chile in adobo sauce  
salt and pepper  
1½ pounds extra-large shrimp (21 to 25 per pound), peeled and deveined  
⅛ teaspoon sugar  
4 teaspoon canola oil  
1 avocado, peeled, seeded and cut into ½-inch pieces  
lime wedges

1. Combine the tomatoes, scallion whites, cilantro, garlic, lime juice, chipotle, and ¼ teaspoon salt in bowl.
2. Pat the shrimp dry with paper towels and season with the sugar, salt, and pepper. Heat 2 teaspoons oil in a 12-inch nonstick skillet over high heat until just smoking. Add half of the shrimp and cook until curled and lightly browned, about 2 minutes.
3. Transfer the shrimp to a bowl and cover with aluminum foil. Repeat with the remaining 2 teaspoons oil and shrimp; transfer to the bowl.
4. Return the skillet to high heat, add the tomato mixture, and cook until the tomatoes soften slightly, about 1 minute. Off the heat, return the shrimp to the skillet and toss to coat. Transfer the shrimp and tomatoes to a platter, season with salt and pepper to taste, and sprinkle with the scallion greens and avocado. Serve with lime wedges.