

## ***Salmorejo with Pineapple and Shrimp***

*Traditionally Salmorejo is made by blending tomatoes, garlic, bread, and olive oil, plus adding egg and ham. I'm substituting pineapple for the bread and shrimp and avocado for the egg and ham, adding a bit of sweet and tartness from the pineapple, which goes nicely with the shrimp, and with a far less glycemic load than you'd get from bread. This dish is best if you can find flavorful, fully ripened tomatoes.*

**Serves:** Four

**Prep Time:** 20 Minutes

**Chilling Time:** 30 Minutes

### **INGREDIENTS:**

2 pounds ripe tomatoes (4 or 5 large)

½ small onion, peeled

½ cup cubed pineapple

2 cloves garlic, peeled

1/4 cup olive oil

½ teaspoon sea salt

¼ teaspoon ground black pepper

16 large shrimp, cooked, cooled, and cut into bite sized pieces

1 medium Haas avocado, diced

### **PREPARATION:**

Quarter the tomatoes and onion; combine with the pineapple, garlic, olive oil, salt and black pepper in a blender.

Put the mixture in a blender or food processor. Blend or process until smooth, (work in batches if necessary).

Refrigerate for at least 1 hour before serving. Serve in bowls topped cooked shrimp and cubed avocado.

Enjoy!

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