

Featured Recipe - *Compliments of Syb*

Set Your Table for This Tasty Chicken Quinoa Soup (Gluten Free)

Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies.

We offer state-of-the-art allergy testing and treatment. Schedule your visit with us today! Call 480-634-2985.

INGREDIENTS:

- 1/2 Organic Chicken (Skinless)
- 3 Carrots
- 4 Stalks Celery
- 1 Medium Onion
- 1 C. Green Beans
- 8 C. Water
- 1 T. Chopped Parsley
- 1 Small Clove Garlic
- 6 oz. Quinoa Grain/Pasta

PREPARATION:

Salt water to taste, cut and add chicken to the water and bring to a boil. (Hint: use dark meat for better flavor.) While the chicken boils, cut up all vegetables and add to broth. Then finely chop the parsley and garlic and add to soup. Cook soup until the carrots are very tender. Remove chicken, de-bone, and add back to the soup before serving.

While soup simmers, cook the Quinoa grain or Quinoa pasta as directed, and then drain. Add Quinoa to soup just before serving. **Bon Appetit!**



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