

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.

Featured Recipe



allrecipes.com®

Grilled Halibut II

by: Karen David Courtesy of allrecipes.com

"Halibut fillets marinated in lime juice and herbs are simple and delicious, and perfect for any occasion. Pineapple and mango salsas - or any of your personal favorites - make for a perfect finish fresh off the grill."

INGREDIENTS:

- 4 (6 ounce) fillets halibut
- 1 tablespoon and 1 teaspoon olive oil
- 1 tablespoon and 1 teaspoon fresh lime juice
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried basil
- 1/8 teaspoon dried oregano
- 1/8 teaspoon dried rosemary

PREPARATION:

1. Place halibut fillets in a shallow baking dish. In a bowl, whisk together the olive oil, lime juice, thyme, basil, oregano, and rosemary. Pour marinade over fish, cover, and refrigerate 2 to 4 hours.
2. Preheat grill for medium heat. Adjust grate height to between 4 and 6 inches from heat source.
3. Lightly oil grill grate. Remove halibut from dish, and discard marinade. Cook for 5 minutes per side, or until fish can be easily flaked with a fork.

Serves 4.

Bon Appetit!

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

We also offer general medicine/primary care services.

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

Sincerely,

Sharon Gwozdek, R.N., B.S.N.
Allergy & Environmental Treatment Center



Dr. Lawrence Liszewski
M.S., D.O.

Allergy & Environmental
Treatment Center:
8600 E. Shea Blvd. Suite. 110
Scottsdale, AZ 85260

Clinic: 480.634.2985
Fax: 480.634.2987