

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.

## Our Featured Recipe: Turkey Meatloaf



### Ingredients

1 pound lean ground turkey (extra lean will make it too dry)  
½ cup zucchini finely chopped, plus 1 zucchini for topping  
¼ cup finely chopped cauliflower  
1 Tbsp. olive oil, plus more for greasing loaf pan  
½ tsp. dried mustard seed  
½ tsp ground ginger  
1 Tbsp. oat flour  
Sea Salt & Pepper, to taste

### Preparation

Combine all of the above ingredients in a bowl. Mix thoroughly. Place mixture into a greased (olive oil) loaf pan and bake for 30-32 min at 375 degrees. Internal temperature should be 165 degrees when done. While baking, sauté 1 zucchini (cut in half, then cut into long slices) in olive oil until soft. Season with sea salt and pepper. Serve meatloaf slice topped with sautéed zucchini.

\* Because oil is used in place of egg, loaf will shrink and separate from loaf pan when done.

**Bon Appétit!**

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