



Easy Peasy Pizza Sauce

Prep Time: 5 min Serves: 6-8

Ingredients:

- 8-ounce can of low sodium tomato sauce
- 2 Tbsp fresh parsley
- 2 Tbsp fresh oregano
- 2 Tbsp fresh basil
- 2 cloves of garlic
- 1 tsp onion powder
- 1/4 tsp salt

You can use 2 tsp dried Italian seasoning if you don't have fresh herbs.

Tip:
For added flavor, use 1/4 of a sautéed onion instead of onion powder.

Instructions:

1. Cut or chop parsley, oregano, and basil into very small pieces.
2. Mince garlic.
3. Combine all ingredients in a small bowl and mix well.
4. Spread on your pizza base before adding your toppings.

