

**Pizza Sauce**

Serves 12: 1/4 cup

amount	unit	Ingredients:
1	tsp	olive oil
1	each	onion, small, finely diced
1	clove	garlic, minced
1	can	28 oz can crushed tomatoes
4	each	fresh basil leaves
1	tsp	dried oregano

Add oil to a 2 quart sauce pan and heat over medium high heat. Add the onions and sauté until slightly translucent. Add the garlic and sauté about a minute until golden. Add the crushed tomatoes. Stir well and bring to a simmer. Add the fresh basil and oregano. Simmer on low, stirring often, for at least 15 minutes.

**Nutritional Information:**

Calories: 30; Carbohydrates: 6g; Fiber: 1g; Protein: 1g; Fat: 0.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 125mg