

# Simple Pasta or Pizza Sauce

## Ingredients

- 1 28-ounce can diced tomatoes or 2 15-ounce cans diced tomatoes (you can substitute crushed tomatoes) \*
- 2 tablespoons Italian seasoning blend
- 1/2 teaspoon granulated garlic powder or 2 fresh garlic cloves, minced
- 1 teaspoon granulated onion powder or 1/2 onion, diced
- 1/4 teaspoon red pepper flakes (optional)
- 1 teaspoon maple syrup or honey

## Instructions

1. Combine tomatoes, Italian seasoning blend, garlic, onion and red pepper flakes in a saucepan.
2. Over medium heat, bring the mixture to a boil and reduce heat to medium, continuing to cook for 3 minutes, stirring occasionally.
3. Taste. If it's too acidic, add a sweetener, such as maple syrup or honey. Reduce heat to low and simmer for 15 to 20 minutes until flavors blend together.
4. Use on cooked pasta or toss with mixed cooked vegetables. Dip toasted bread in the sauce for a snack, or use the sauce on top of a pizza or baked potato.

\*For a heart healthier option, choose "low sodium" or "no salt added" tomatoes.