

Employee Wellness Cooking Demo: 9/16/2020

Ingredients List

Low Sodium Pizza

No Yeast Crust:

- 3 cups 00 flour, or all purpose flour
- ½ teaspoon salt
- 1 cup water
- 1 tablespoon olive oil

Pizza Sauce:

- 1 8oz can no salt added tomato sauce
- 1 tablespoon olive oil
- 1 tablespoon sugar (less if you prefer)
- 1 teaspoon onion powder
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon black pepper

Pizza Toppings:

- Your choice!