

### No tomato pizza sauce

Carrot, large	1
Italian seasoning	1½ tsp. (7.5ml)
Black pepper	1 tsp. (5 ml)
Diced white onion	2 tbsp. (30ml)
Red wine	2 tbsp. (30ml)
Olive oil	2 tbsp. (30ml)
Chicken or vegetable stock (low salt)	(as needed)



### Method

1. Cut up carrot in small pieces and cook till it is soft and tender. Drain water and mash it.
2. In a blender toss carrot with spices, onion and olive oil. Blend till the sauce is smooth. Add stock if needed to make the sauce smooth enough to spread on pizza dough.
3. Add desired toppings and bake in oven per dough directions.

**Yield:** Sauce for 1 large pizza.

Estimated Nutrient Calculation per portion: Calories: 26, Protein: 0g, Carbohydrate 1g, Sodium 4mg Potassium 27mg, Phosphorus 3mg

Submitted by Gladys Scaramuzzi, HD patient