

Herbal Legacy Recipes

PITTA BREAD PIZZAS

INGREDIENTS:

- 1 can tomato sauce (mix in your own seasonings...we use Tony's spaghetti seasoning mix)
- 2-3 tomatoes chopped
- 3 cloves garlic minced
- Italian seasoning/Basil to taste (around 2 tsps)
- 1 tsp real salt (or to taste)
- 1 onion chopped
- 1 red bell pepper chopped
- 1 C. mushrooms chopped
- 1 can olives chopped



DIRECTIONS:

1. Preheat oven to 375.
2. Drain juice off tomatoes and combine in a bowl with garlic, salt, and Italian seasoning/basil.
3. Sauté onion and bell pepper for 5-10 minutes.
4. Layer toppings on pizza as desired and bake for 10 minutes.
5. Top with chopped Spinach, Guacamole, and Nutritional Yeast Flakes.

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