**Frittata**

Prep time: 20 min Cook time: 20 min

**Ingredients:**

* 4 eggs
* ½ teaspoon low sodium salt
* 1 tbsp milk
* 2 tbsp grated cheese
* 1 cup finely chopped vegetables (onion, bell peppers, zucchini, palak)
* 1 tbsp olive oil
* 1 tbsp chopped coriander leaves

**Instructions:**

1. Preheat the oven to 350°F (175°C).
2. In a bowl, whisk the eggs with milk and salt until well combined. Add the cheese and whisk again.
3. Heat olive oil in an oven-safe pan over medium heat. Add the vegetables, season with salt, and cook until tender.
4. Pour the egg mixture over the vegetables, spreading evenly. Cook for 1 minute, until the edges start to set.
5. Transfer the pan to the preheated oven and bake for 8-10 minutes, or until the eggs are fully set.
6. Remove from the oven and let cool for a couple of minutes.
7. Garnish with fresh coriander leaves and serve hot.