Mindluster Platform

# About the course Low Sodium Frittata with Peas

Low Sodium Frittata course, in this course delves into the culinary world of creating delicious frittatas with minimal sodium content. Participants will embark on a journey to discover the art of crafting flavorful frittatas using wholesome ingredients and inventive seasoning techniques. From mastering the basics of frittata preparation to exploring a variety of low-sodium alternatives for traditional high-sodium ingredients, this course offers comprehensive guidance for creating satisfying and nutritious meals. Through hands-on demonstrations and practical tips, learners will learn how to incorporate flavorful vegetables, herbs, and spices to enhance the taste of their frittatas without relying on excessive salt. Additionally, the course will cover creative ingredient combinations and cooking methods to inspire culinary creativity and experimentation. Whether you're looking to reduce your sodium intake for health reasons or simply seeking to explore new and exciting flavor profiles, Low Sodium Frittata course provides the knowledge and skills needed to create delicious and wholesome frittatas that are sure to impress. Join us as we uncover the secrets to crafting flavorful frittatas with minimal sodium content.

**Kitchen and Cooking Category's Courses**

# Course Lesson(12)

Lesson 1 :
**Recipe for SHIITAKE MUSHROOMS How to make VEGAN BOLOGNESE The Cooking Doc with Doctor Blake**

Lesson 2 : **Soba Noodles with Tofu Summer Veggies THE COOKING DOC**

Lesson 3 : **Edamame Quinoa Salad THE COOKING DOC**

Lesson 4 : **Vegan ized Chili THE COOKING DOC**

Lesson 5 : **Buddha Bowl with Roasted Vegetables Edamame Homemade Tahini Sauce**

Lesson 6 : **Spring Quinoa Salad**

Lesson 7 : **Black Bean Quesadilla**

Lesson 8 : **How to Make Vegetarian Stuffed Peppers**

Lesson 9 : **Low Sodium Frittata with Peas Asparagus Recipe The Cooking Doc**

Lesson 10 : **Healthy Quinoa Side Dish Fresh Mint Feta Peas The Cooking Doc**

Lesson 11 : **How a Doctor Makes Healthy Grilled Cheese Tomato Soup The Cooking Doc**

Lesson 12 : **How to Make a Plant Based Bolognese Even Better Than the Meat Version**

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