



THE WATERING MOUTH

MY 8 FAVORITE HEALTHY RECIPES!



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for
pb+as

The Watering Mouth
Favorite Healthy Recipes
A FREE E-cookbook
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Thank you so much for picking up this e-book and supporting THE WATERING MOUTH!

Sharing my love for food is definitely one of my favorite things in the world to do. And I think we should all take the opportunity, when we can, to eat as healthfully as possible.

So that's why I have put together this mini-list of my favorite Nutritarian recipes to either get you started on your journey to healthy eating or help you continue with flying colors!

If you have any favorite healthy recipes, comments or suggestions that you want to share, please email me at:



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And most importantly, if you love this book and want to receive more in the future, make sure to [sign up for my email newsletter list](#). You'll be in on the latest exclusive news, offers and special releases.

To Our Health!

Cheri

HEALTHY PRODUCT RECOMMENDATIONS

On this page you will find a selection of my favorite products that I use in my healthy eating kitchen. They are linked to Amazon and if you purchase them, you pay regular price and get an awesome product, and I get a small commission for referring you to the product! Win-win!

Avocado Tool [OXO Avocado \(Orange\) Peeler](#)

Ya know it's funny people are always like "Don't buy specialized tools that only do one job!" and to that I say BOOO!! This avocado tool is the best ever because I have found it's use for 2 often-performed kitchen tasks...meaning I use it ALL THE TIME. I use it for avocado peeling as WELL as orange scoring and peeling. It's perfect and gosh darnit I can't live without it anymore!



Salad Chopper [OXO Good Grips Salad Chopper and Bowl](#)

With this sturdy salad bowl and double-pizza-cutter tool, you can quickly chop your salads into super tiny pieces without tiring out using a knife. Reduce the size of your salad to eat more at a time. Now you can eat a pound of salad at a time without even flinching! I use this every time I make a salad, every week.



Vegetable Spiralizer [Paderno World Cuisine Spiral Vegetable Slicer](#)

Once you try spiralized vegetables, you won't go back to regular pasta! Turn zucchini into "noodles" and remove gluten, slash calories and amp up the nutrients! Even better, zucchini noodles feel just like pasta when you chew! Use with potatoes, zucchini, carrots, butternut squash, broccoli stems, etc...never feel guilty about eating "pasta" again!!



VEGGIE BURGER SLIDERS

This recipe is so great because it's so versatile - you can prepare it so many ways with so many different ingredients. Change up the vegetables, bake, fry or use just a little cooking spray. And use any fresh topping as the burger "insides"!

Prep time: 15 mins

Cook time: 5 mins

Serves: 10 small sliders

INGREDIENTS

for the Burger "Bun" Patties

- 1 cup red onion, finely chopped
- 1 cup broccoli (peel and chop stalk too!), finely chopped
- 1 cup carrots, grated
- 1 15.5 ounce can pinto or roman beans, rinsed, drained
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

for the Burger "Insides"

- 2 avocados, mashed
- 3 tablespoons vegan mayonnaise
- 1 tablespoon sriracha or hot sauce of your choice
- 3 tomatoes, thickly sliced

DIRECTIONS

In a large bowl, add the pinto beans and mash with a potato masher or a fork. Add the rest of the ingredients and incorporate evenly by hand. Form into meatballs and flatten. Each patty should be about 1/2 inch thick and the diameter can be as large as you want.

In a large frying pan over medium high heat, add the veggie patties. Brown (2-3 minutes) and flip to brown the other side, cooking 2-3 more minutes. If you let them get a little crust before flipping, they shouldn't stick. If you have trouble, you can use a tiny bit of cooking oil spray.

In a small bowl, combine the mayonnaise and sriracha, adjusting the quantities for your spiciness preference (I like it HOT!). This step is optional if you are following a strict Nutritarian diet. :)

Serve everything family style: Everyone can create "sliders" with the patties in place of typical burger buns. Add the above toppings to the center and enjoy!

PRO TIP: Eat leftover patties for breakfast with an egg on top. (Optional but OMG)



ZUCCHINI PASTA WITH CREAMY AVOCADO SAUCE

This is one of my favorite healthy meals because you can really eat unlimited quantities and the spiralized pasta does really feel like spaghetti in your mouth! Cooking the zucchini after spiralizing is optional - it's great raw!

*Prep time: 15 mins Cook time: 5 mins
Serves: 2 as a side, 1 as a meal*

INGREDIENTS

- 1 zucchini, spiralized (or thinly julienned if you don't have a spiralizer)
- 2 avocados
- ½ lemon, juiced
- 2-3 cloves garlic (or less, if desired), minced
- pepper to taste

DIRECTIONS

In a large sauté pan over medium high heat, add zucchini and stir frequently until desired consistency is reached. It's not necessary to cook the zucchini, I also love it raw!

In a large bowl, add avocado, lemon juice, garlic and pepper. Mash with a fork until a creamy yet chunky consistency is reached. Serve the avocado sauce over the cooked zucchini.

PRO TIP: A spiralizer can work for more than just zucchini - think "noodles" made of carrots, butternut squash, potatoes, etc!



ROASTED ZUCCHINI NUGGETS

Roasted zucchini is one of the simplest sides to make. If you use a thicker pan, it's easier to get browning, but you have to watch it a bit more carefully. I have a thick sheet cake pan and I love how it browns any veggie I roast!

*Prep time: 5 mins Cook time: 20 mins
Serves: 4 as a side*

INGREDIENTS

- 2 medium zucchini
- pepper

DIRECTIONS

Preheat oven to 400F. Cut the zucchini into large chunks.

On a parchment paper lined baking sheet, place all of the zucchini in a single layer. Sprinkle pepper to taste.

Roast in the oven for 15-20 minutes or until the zucchini is tender to your liking.

PRO TIP: I buy tons of zucchini every time I go shopping because I know I can always spiralize it or roast it in a pinch. But my favorite zucchini tip is to freeze it and add a bit to my smoothies! Instant nutrients and you can't even taste it!

CRISPY ROASTED CHICKPEAS

I am literally munching on some of these right now as I type this e-cookbook for you! LOVE these and they're full of protein so you can snack on as many as you want! Store these uncovered for a day or so to keep them crispy. If you store them in a container, they will likely lose their crispiness. Roast them for a few minutes again to crisp them up again!

*Prep time: 5 mins Cook time: 45-120 mins
Serves: 1-2 as a snack*

INGREDIENTS

- 1 15.5 ounce can chickpeas/garbanzo beans, drained and rinsed
- Garlic powder
- Onion powder
- Pepper, if desired

DIRECTIONS

Preheat oven to 400F. Some of the skins will come off, you can discard them. It's not necessary to peel them all off - they help with the crispiness!

On a parchment paper-lined baking tray, place all of the chickpeas in a single layer. Sprinkle garlic powder, onion powder and pepper to taste. Turn the chickpeas with your hands or a spoon to make sure the seasonings lightly cover all surfaces.

Roast in the oven for 35 minutes and then shake the pan to turn the chickpeas. Roast for another 20-30 minutes or until they are golden brown. Make sure to check them periodically so they don't burn. Turn off the oven and leave the door shut. Leave them in the oven for another 45 minutes, and they will crisp up perfectly!

PRO TIP: If you don't leave the chickpeas in long enough, it may take longer for them to crisp up, or they may not crisp up at all. All ovens and kitchen conditions such as humidity levels are different, and these can be finicky to get perfectly crispy. Good news is I love them crispy or not, and they still make a great snack either way! Bonus Tip: Use any kind of seasoning you like - Trader Joe's 21 Seasoning Salute is my current fave!



ROASTED SESAME ASPARAGUS

Roasting vegetables is an absolute staple in my kitchen. Whenever I can't think of what to make, or just want something simple and quick, I roast up a bunch of veggies. While it's true that you lose some of the nutrients by cooking veggies, if it gets me to eat more, I'm all for it!

Prep time: 5 mins Cook time: 15 mins
Serves: 4 as a side dish

INGREDIENTS

- 1 pound asparagus, washed and drained
- pepper
- 1 teaspoon sesame seeds

DIRECTIONS

Preheat oven to 400F. Prepare the asparagus by snapping off the ends gently. The asparagus will naturally snap at the point where there is less water, so you will end up with the freshest part of the stalk for your cooking.

On a parchment paper lined baking tray, place all of the asparagus in a single layer. Sprinkle pepper to taste. Turn the asparagus to make sure the seasonings lightly cover all surfaces of the asparagus.

Roast in the oven for 15-20 minutes or until the asparagus is tender to your liking. I like my a bit crisp! Garnish with sesame seeds.

PRO TIP: Save the snapped ends in the freezer for making vegetable stock at a later time.



BAKED SWEET POTATO SPEARS

For a super healthy and tasty alternative to typical baked sweet potatoes, sprinkle a bit of cinnamon. Did you know cinnamon is considered a superfood? Lab research has shown it has anti-cancer and anti-diabetic properties! Sprinkle away!

Prep time: 5 mins Cook time: 25 mins
Serves: 4-6 as a side dish

INGREDIENTS

- 4 sweet potatoes, scrubbed and cut lengthwise into spears
- 1 tablespoon cinnamon

DIRECTIONS

Preheat oven to 400F. On a parchment paper lined baking tray, spread the sweet potatoes into a single layer. Sprinkle with cinnamon to taste and toss to combine.

Bake in the oven for 20-25 minutes, turning halfway through the time, until potatoes are tender all the way through.

PRO TIP: You can cut the sweet potatoes into whatever shape you like. French fry shapes won't need as much time and will need to be flipped sooner. Nuggets will cook similar to the spears. Try to make all the pieces similar size so they cook evenly!





ROASTED PORTABELLA MUSHROOM FRIES

This is one of my favorite recipes of all time - the flavor combination is out of this world. Serve it as an appetizer with an easy weeknight meal!

Prep time: 15 mins Cook time: 20 mins
Serves: 4-6 as a side

INGREDIENTS

- 2 large portabella mushrooms, sliced into 1/4 inch slices
- 1-2 cups no sodium marinara sauce (I love Trader Joe's brand)
- 3/4 cup raw, unsalted almonds
- 1/4 cup corn meal
- 4 tablespoons nutritional yeast
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon cayenne pepper (or to taste)
- (or use Mrs. Dash instead of the spices)

DIRECTIONS

Preheat your oven to 400F. In a food processor, add all ingredients except the mushrooms and marinara. Blend until mixture reaches the consistency of almond flour. Pour the mixture into a very large bowl.

Set up your breading station by setting a parchment paper lined baking sheet nearby. Put your breading mixture bowl close to you. On a large plate, dump 1 cup of the marinara and add more if needed.

To bread the mushrooms, take one of the sliced mushrooms and dunk it completely in the marinara sauce, covering all sides of the mushroom. Then remove it and place it in the breading mixture. Cover the mushroom in enough breading to cover all sides and leave no exposed marinara. Place your mushroom on the baking sheet. Repeat until all mushrooms are breaded and spread on one layer on the baking sheet.

Bake mushrooms for 15-20 minutes, depending on how juicy you like your mushroom fries. Shorter cooking time will yield juicier mushrooms inside, but I also like them dry inside. Serve warm or cold!

HEARTY LENTIL SOUP

This is my absolute favorite go-to soup recipe. It is adapted from my friend Monica's recipe: ! I always make this recipe BIG because I love to freeze soups for quick meals later on.

Prep time: 10 mins Cook time: 20 mins
Serves: 6-8 as an entree

INGREDIENTS

- 1 large red onion, diced
- 4 cloves garlic, finely minced or pressed
- 1/4 cup red wine (optional)
- 1 32 ounce box of low- or no-sodium vegetable stock
- 2 15 ounce cans low-sodium lentils, rinsed and drained
- 2 tablespoons Bragg's Liquid Aminos or low sodium soy sauce
- 10 ounces dark greens, torn roughly into bite-size pieces (like kale, spinach or chard)
- 7 ounces fresh parsley, chopped
- pepper

DIRECTIONS

In a large soup pot over medium high heat, add onions and sauté until translucent, adding a little water if needed to prevent sticking. Add the garlic, and cook for a minute or until fragrant, stirring constantly so the garlic doesn't burn.

Add the red wine and combine, stirring frequently until the alcohol burns off and the wine begins to thicken slightly. Add the vegetable stock, lentils, Bragg's, greens and parsley and stir until the greens have fully wilted. Season to taste, if necessary.

PRO TIP: The secret ingredients that create the best flavor in this recipe are the parsley and Bragg's. You can find Bragg's in most supermarkets in the healthy food section.



ABOUT CHERI ALBERTS

I was born and raised in Michigan and absolutely despised healthy eating and exercise until I was about 19. I never ate fruits or vegetables unless they were overcooked and full of sugar, butter or salt. I was on the track team for about a week in 9th grade until I realized I hated running. My M.O. was to sneak as many Oreos and Doritos as I could without getting caught - and I was good at it! :)

But when I went to college at NYU things changed. I realized for the first time that I had a choice in life - I could make anything of myself if I just took the steps towards the goal. A 30 pound weight loss and running further than a half a block were the first goals. Even if I succeeded at these mini-goals, I have never had an easy time of maintaining or losing weight, or maintaining healthy eating habits. I have since gained and lost that weight many times over.

When I found the Nutritarian lifestyle years later, I finally found a solution that worked for me. Re-adjusting my tastebuds to a new level of flavor, after having gotten rid of the salt and oil, I now had a real gameplan for how to love natural foods and lose the weight I desired.

I started my food blog, [The Watering Mouth](#), in the beginning of 2012 as a way of harnessing my love for food and turning it into something more productive.

Since then, I've created a very successful YouTube channel that supports that end goal as well. On my blog and YouTube channel, you'll find tons of information that will support you too, in your journey towards your ideal weight and health goals.

We're in this together.

And please, if you love this e-book and want to share it, do so [by sending your friends to this web address](#), and look out for future releases from me coming up very soon. Be my advocate and I will reward you with a better relationship with your food and lots of fun along the way! TO OUR HEALTH!!

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SECRET REWARD VIDEO

So here is your secret reward video for following along and supporting me. **DISCLAIMER:** I didn't say it was valuable or entertaining, I just said it was a secret reward.

I suppose the word "reward" is relative in this sense. :D

