

# SALAD RECIPES

FOR

# LOVE AND HEALTH

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AMERICA'S #1  
LOVE AND MARRIAGE EXPERTS  
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*Salad Recipes for Love and Health*  
*Bonus Edition with 7 New Recipes*

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This book is the result of over 30 years of research by the authors with successfully married couples in 48 countries and on all seven continents of the world. These salad recipes have been collected over the years from couples with successful marriages and their own 47 wonderful years together.

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Summary: This little book provides some delightful salad recipes created by couples with long-time successful marriages that make good health a priority in their lives and in their love for each other. It provides a uniquely positive perspective on an important aspect of what makes marriages survive and thrive. The authors have conducted more than 30 years of interviews with successfully married couples in 48 countries and all seven continents of the world.

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First Edition

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## **Salad Recipes from America's #1 Love and Marriage Experts**

Just like the ingredients in the [\*Seven Surprising Secrets of Successful Marriage\*](#) are balanced and blended together uniquely for successful couples, so are the ingredients in delightful salads. Too much of one ingredient or not enough of another can spoil the balance and flavor of a salad.

So, here are fourteen uniquely balanced salads for you to try out with seven additional bonus recipes. As you can tell, we had fun with the recipes by naming them after the important concepts from [\*Building a Love that Lasts\*](#). Including generous portions of fruit and vegetables in your diet each day will enhance your communication with the one you love and also improve the overall health of both of you.

It has taken us many years of research and experimentation, but we do believe that our formula improves the way we feel psychologically and thus, improves the way we communicate with each other. Taking into consideration what we have learned from nutritional research and the research linking foods and additives to psychological wellness, we formed our recommendations for areas of focus that can improve your psychological health as well as your physical health. One of those recommendations is to eat at least one salad every day. So, we have provided you with what we

call a “starter” approach, which allows you to eat the salad as recommended or you can change the ingredients, dressings and salad styles to create a variety of salad choices you can make for yourself and the one you love.

From these fourteen recipes discover your favorite recipe or use variations of them to start your own set of uniquely balanced salad recipes. Each of these recipes are made with fresh ingredients and sized generously just for the two of you.

**Bon Appetit!**

### ***Learning to Dance***

#### **Date and Pecan Salad ~ Appetizer**

Make a bed of bib lettuce ~ torn into 2 inch pieces

6 dates ~ pitted and quartered

1/4 cup pecans ~ quartered

#### **Recommended Dressing:**

Gorgonzola & White Balsamic Vinaigrette

*It Takes Two to Tango*

**Tangerine and Beet Salad ~ Appetizer**

Make a bed of baby spinach

1/8 cup shallot ~ thinly sliced and chopped

1/4 cup cooked and chilled beets  
cut thin julienne style 1 inch long

1 seedless tangerine ~ peeled, divided into wedges  
and placed on top

Sprinkle with pine nuts and grated Parmesan cheese

**Recommended Dressing Choices:**

Citrus Vinaigrette

Ranch

*Two Into One*

**Tomato and Cucumber Salad  
Appetizer or Side Dish**

1 1/2 cups ripe tomatoes ~ cut into 1/2 inch cubes

1 1/2 cup small seedless cucumbers  
peeled and cut into 1/2 inch cubes

1/2 cup red onions ~ diced

1/4 cup pitted Kalamata olives ~ sliced or halved

1/2 teaspoon chopped garlic

1/3 cup crumbled feta cheese

**Recommended Dressing Choices:**

Balsamic Vinaigrette

Greek



*No Sacred Cow*

**Fruit Salad ~ Appetizer or Lunch Entrée**

1 banana ~ sliced

1 orange ~ sliced

4 strawberries ~ quartered

1/3 cup blueberries

1/3 cup seedless grapes

2 cups orange juice ~ toss fruit and pour juice  
over to keep color fresh

*Tuned In*

**Well-Balanced Salad  
Appetizer or Main Entrée**

Make a bed of Boston, radicchio  
and romaine lettuce ~ torn into 1-2 inch pieces

1/8 cup red bell pepper ~ diced

1/8 cup carrots ~ thin julienne cut into 1 inch pieces

3 radish ~ thinly sliced

1/8 cup baby cucumber ~ sliced

1/4 cup jicama ~ thin julienne cut into 1 inch pieces

1/8 cup snow peas ~ sliced into 1/4 inch pieces

2 stalks celery ~ sliced

Top with toasted almonds and dried cranberries

\*As entrée double ingredient amounts and  
add grilled chicken breast ~ thinly sliced

**Recommended Dressing:**

Balsamic Vinaigrette

## *Observing and Remembering*

### **Berry Salad ~ Appetizer**

Make a bed of bib lettuce ~ torn into 2 inch pieces

1/2 cup sweet red onion ~ thinly sliced then chopped

1/3 cup baby cucumber ~ peeled and sliced

1/3 cup blueberries

2 large strawberries ~ sliced

Top with almond slivers

### **Recommended Dressing:**

Raspberry Vinaigrette

*The Golden Rule*

**Granny Apple Salad ~ Appetizer or Main Entrée**

Make a bed of field greens

1/4 cup granny apple ~ thinly sliced julienne style  
with skins left on

1 stalk of celery ~ thinly sliced

8-10 red seedless grapes ~ cut into halves

1/4 cup walnuts ~ quartered (use candied walnuts if available)

Top lightly with crumbled feta cheese

\*As entrée double ingredient amounts and  
add grilled chicken breast ~ thinly sliced

**Recommended Dressing Choices:**

Gorgonzola & White Balsamic Vinaigrette

Balsamic Vinaigrette

*Do Not Disturb*

**Vegetable Salad with Shrimp  
Appetizer or Main Entrée**

Make a bed of baby spinach, field greens  
and romaine ~ torn into 2 inch pieces

1/4 cup zucchini ~ diced

6 snow peas ~ cut into 1/4 inch slices

3 white or red radishes ~ diced

1/4 cup carrots ~ diced

1/4 cup cooked and chilled beets ~ diced

1/4 cup boiled and chilled small white potatoes – diced

Top with grated cheddar cheese

\*As entrée double ingredient amounts  
and add boiled or grilled shrimp chilled

**Recommended Dressing:**

Any of your favorite dressings will work with this salad.

*Your body Is Your Castle*

**Baby Spinach Salad ~ Appetizer**

5 oz bed of baby spinach ~ divide between  
the two salad bowls or plates

1/3 cup dried cranberries

1/4 cup honey roasted almonds

1/2 cup white mushrooms ~ thinly sliced

1/3 cup crumbled feta cheese

**Recommended Dressing:**

Drizzle over salad to taste  
Balsamic Vinaigrette

## *Filing a Joint Return*

### **Romaine and Crab Salad ~ Main Entrée**

Make a bed of romaine lettuce  
meal sized portions ~ cut into 2 inch pieces

1/2 cup white mushrooms ~ sliced

1/2 cup carrots ~ shredded

6 snow peas ~ cut into 1/4 inch slices

1/3 cup jicama ~ shredded or cut into small julienne pieces

1/2 cup tomatoes ~ cut into 1/2 inch pieces

1 hard boiled egg ~ chopped

2 tablespoons red cabbage ~ thinly sliced  
and cut into 1 inch long pieces

Top with cheddar cheese ~ grated

Add cooked crab leg pieces to taste  
(artificial crab can be used)

### **Recommended Dressing Choices:**

Thousand Island

Creamy Parmesan Ranch

## **The Loving Touch**

### **Red Cabbage and Carrot Salad Appetizer or Side Dish**

1 cup red cabbage ~ thinly sliced and cut into 1 inch strips

1 cup carrots ~ thin julienne cut

3/4 cup jicama ~ peeled and thin julienne cut

1 tablespoon shallot ~ chopped

1 teaspoon medium hot fresh chili ~ finely chopped

1 teaspoon fresh lime juice

1 1/2 teaspoon white balsamic vinegar

1/8 cup safflower oil

1/4 teaspoon sugar

Sprinkle of Kosher salt

\*Toss and let stand 10 minutes before serving.



## **Beyond Boring**

### **Watermelon and Greens Salad ~ Appetizer**

Make a bed of field greens and bib lettuce  
torn into 2 inch pieces

1/4 cup baby cucumbers ~ peeled and thinly sliced

1/3 cup watermelon ~ cut in 1/4 inch cubes

1 stalk of celery ~ chopped

#### **Recommended Dressing Choices:**

Raspberry Vinaigrette

Balsamic Vinaigrette

## **Stress Test**

### **Easy Stress Free Salad**

1 bag of already washed salad lettuce  
from the grocery vegetable department

1 tomato ~ vine ripened and cut into 1 inch pieces

1 large cucumber ~ peeled and sliced

1 red onion slice ~ place rings on top of salad

Top with garlic croutons (Marie Callendar)

#### **Recommended Dressing:**

Any of your favorite dressings  
will work with this salad.

*Torch Red Convertible*

**The Just For Fun Red Salad**

Make a bed of romaine lettuce  
cut up into 2 inch pieces

3 red radishes ~ sliced

1/4 cup cooked and chilled beets  
cut thin julienne style 1 inch long

1/4 cup red bell peppers ~ chopped

1/4 cup boiled and chilled small red potatoes  
thinly sliced

1/8 cup sweet red onions  
thinly sliced and chopped

1/8 cup red cabbage ~ thinly sliced  
and cut into 1 inch long pieces

**Recommended Dressing:**

Any of your favorite dressings  
will work with this salad.

*The Loving Heart*

**Hearts of Palm and Artichokes Salad ~ Appetizer**

Make a bed of baby bib lettuce  
torn up into 2 inch pieces

Six 2" Hearts of Palm ~ sliced into 1/4" rounds

8 marinated artichoke hearts ~ cut into quarters

1/8 cup shallots ~ finely chopped

Top with fresh shaved Parmesan cheese

**Recommended Dressing:**

Light Italian  
Balsamic Vinaigrette

*Passion Salad*

**Pomegranate Salad ~ Appetizer**

Make a bed of baby field greens  
and baby spinach and baby bib lettuce

Break apart seeds of one section of a fresh pomegranate  
Sprinkle individual seeds on top of salad

1/8 cup celery ~ chopped

1 tablespoon green onions ~ chopped

2 tablespoons pecans ~ quartered

**Recommended Dressing:**

Creamy Sweet Italian  
Red Wine Vinaigrette

***Bonus #3: The French Connection***

**Celery, Mushroom and Gruyère**

Make a bed of baby field greens

Mix together:

1 cup mushrooms ~ extra thinly sliced

1 cup celery ~ extra thinly sliced

1 tablespoon Italian parsley ~ chopped

1/8 cup virgin olive oil

1 tablespoon Balsamic vinegar (aged Modena)

1 tablespoon fresh lemon juice

Lightly salt and pepper to taste

Place mixture creatively over the bed of baby field greens

Top with shavings of Gruyère cheese

*Love at Sea*

**Lump Crab or Tuna Salad  
Appetizer or Main Entrée**

Make a bed of baby field greens  
and torn pieces of baby bib lettuce and romaine hearts

Arrange over greens:

1/8 cup celery ~ chopped

2 thin slices of red onion ~ quarter and separate pieces

3 Roma or plum tomatoes ~ thinly sliced

1/2 cup alfalfa sprouts

1 can of lump crab meat or white albacore tuna ~ broken into  
small chunks

Optional: Lightly squeeze lemon juice over crab or tuna to add  
an extra citrus favor with Vinaigrette dressings

\*As entrée double ingredient amounts

**Recommended Dressing:**

Citrus Vinaigrette

Balsamic Vinaigrette

*Light and Lovely*

**French Roasted Chicken Salad**  
**Main Entrée**

1 large head of red-leaf lettuce ~ leaves torn apart,  
wash, pat dry, rip into 2" pieces

1 heart of Romaine lettuce ~ leaves torn apart,  
wash, pat dry, cut into 2" pieces

1 bunch watercress ~ cut off stems, wash, pat dry and cut up

1/3 cup Niçoise black olives ~ pitted

1 teaspoon capers

4 Roma or plum tomatoes ~ sliced thinly

1/3 cup crisp baby cucumbers ~ sliced thinly

1/2 chicken white meat only ~ French roasted with garlic, lemon  
juice, rosemary, thyme ~ torn apart in strips

Toss salad with dressing to serve

**Recommended Dressing:**

Oil and Vinegar

Balsamic Vinaigrette



## *Wild Love*

### **Berries and Tangerines with Italian Ice or Sorbet**

When you are searching for a distinctly different approach to serving fruits for you and your spouse, a sure way to entice the pallet is to mix a large portion of your favorite berries and tangerines over a small amount of Italian ice or sorbet.

Here is a delightful mix that is sure to stir the appetite for fruit and hopefully some wild love for desert.

Mix together:

$\frac{3}{4}$  cup Strawberries

$\frac{3}{4}$  cup Raspberries

$\frac{3}{4}$  cup Blackberries

2 seedless tangerines ~ peeled and sectioned

$\frac{1}{2}$  oz. Brandy (or other suitable flavoring)

Serve over one scoop of your favorite Italian ice or sorbet.

*Salad for Lovers*

**Antipasto Salad for Lovers**  
**Main Entrée**

Arrange on a platter:

½ lb. of prosciutto ~ sliced thinly, rolled, held with toothpick

½ lb. of smoked ham ~ sliced thinly, rolled, held with toothpick

¾ lb. of fresh buffalo mozzarella cheese ~ sliced thinly

12 oz. jar of artichoke hearts marinated

½ cup Italian green olives

½ cup black olives

4 vine ripened tomatoes ~ quartered

½ red pepper ~ sliced in ¼” strips

½ yellow pepper ~ sliced in ¼” strips

1 crisp cucumber ~ sliced into ½” strips 3” long

Enjoy with fresh Italian hard-crust bread and  
fine Italian Chianti wine (or other beverage)  
in a candle lit room!

Eat Well ~ Love Well

## About the Authors

Now you can order the Doctors' bestselling book entitled, [\*Building a Love that Lasts\*](#) and their latest book, [\*How to Marry the Right Guy\*](#). With over 30 years of research experience on successful marriage and their own 47-year marriage, Dr. Charles and Dr. Elizabeth Schmitz know what makes marriage work. From their thousands of interviews with happily married couples throughout the world, they've discovered the seven pervasive characteristics present in all successful marriages. [\*Building a Love that Lasts\*](#) exposes the secrets for success through these poignant, real life stories. It can save, improve or enhance your marriage.

Dr. Charles D. Schmitz has been a highly successful faculty member and administrator in higher education for 40 years. His teaching has focused in the areas of counseling psychology and leadership development. During his distinguished career he has received some 40 local, state, and national awards and honors; published over 200 articles, manuscripts, books and scholarly papers; delivered well over 600 public speeches, professional presentations, and workshops; and has traveled throughout the world. He has appeared on radio and television, and has been frequently quoted in the print media. He received his Ph.D. degree from the University of Missouri-Columbia. He is currently Dean Emeritus of the College of Education and Professor Emeritus of Counseling and Family Therapy at the University of Missouri-St. Louis.

Dr. Elizabeth A. Schmitz was an award winning administrator and educator in K-12 schools for 36 years and has lectured in numerous college courses in the areas of counseling and leadership, since receiving her doctoral degree from the University of Missouri-Columbia. As the former chief operating officer for a large organization of over 22,000 people (students and employees), she understands complex enterprises and human relations issues. During her career Elizabeth received more than 25 local, state, and national awards and honors, published over 85 articles, manuscripts, books and scholarly papers, and delivered over 400 speeches, workshops, and presentations. She has made numerous radio appearances, featured on television, and quoted extensively in the print media on a variety of topics over the years. She is president of Successful Marriage Reflections, LLC.

You can check out their website at [www.SimpleThingsMatter.com](http://www.SimpleThingsMatter.com) to learn more.