

Rabbi Miriam Van Raalte's HERRING SALAD
Makes 8-10 servings



Ingredients

1 large jar (24 oz.) pickled herring in wine sauce, drained
4-6 spears dill pickles
16 oz. pickled red beets
2 green apples
1-1/2 cup chopped walnuts
2 hard-boiled eggs
1 cup sour cream

Directions

1. Remove onions from herring and discard.
2. Chop all ingredients into small pieces and place in large mixing bowl.
3. Add sour cream and mix well.
4. Cover and refrigerate 24-48 hours. Serve cold.

This recipe was the one that my mother, Elsbeth Kaufman (z'l) would make each year as part of our meal after Yom Kippur. It needed to be made at least one day before Yom Kippur so that the pink of the beets had a chance to "dye" the rest of the salad.

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Nutrition Facts

Serving size: 1/2 cup

Servings: 10

Amount per serving

Calories	362
% Daily Value*	
Total Fat 25.5g	33%
Saturated Fat 5.3g	27%
Cholesterol 52mg	17%
Sodium 1068mg	46%
Total Carbohydrate 19.4g	7%
Dietary Fiber 2.8g	10%
Total Sugars 14.1g	
Protein 14.7g	
Vitamin D 466mcg	2329%
Calcium 92mg	7%
Iron 2mg	10%
Potassium 267mg	6%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by www.Verywellfit.com