

Herring Salat

8 oz. Alstertor Herring, drained
1/2 green bell pepper, seeded and diced
1 tart apple, cored and diced
1 orange, sectioned and diced
2 tsp onion, grated
2 tbsp vegetable oil
1 tbsp rice wine vinegar
4 lettuce cups

-Combine all ingredients except the lettuce cups in a bowl and marinate for an hour. Spoon into lettuce cups and serve.

Serves 4