



Herring Egg Pasta Salad

Ingredients

½ gallon cooked and cleaned herring eggs (keep in chunks)

2 boxes of tri-color pasta (Rotini in a box): cook and cool

5 red/orange/yellow bell peppers (cut into small chunks)

5 small tomatoes (grape size)

1 red onion (diced)

¼ cup Parmesan cheese (grated or shaved)

8 tbsp of toasted sesame oil or sesame flavored olive oil

Optional

Bacon bits or salmon bits

Salt (to taste)

Makes ~22 servings

SERVING SIZE: 1 cup

Calories: 260 kcal | **Carbohydrates:** 36g

Dietary Fiber: 3.5g | **Protein:** 13.1g | **Total Fat:** 7.5g

Saturated Fat: 1.3g | **Trans Fat:** 0g | **Sodium:** 72 mg
(with no added salt)

Instructions

1. Once the eggs are harvested from the ocean (still on the branch), quickly blanch the eggs in hot water. Then, rinse the eggs in warm water and put on a towel to absorb water. Clean the herring eggs from branches.
2. Cook the pasta.
3. Prepare the onion, tomato, and peppers by dicing into small chunks.
4. Mix herring eggs, pasta, and diced vegetables together. Slowly add sesame olive oil while mixing.
5. Add salt to taste.
6. Top with parmesan cheese and bacon/salmon bits to taste.
7. Keep cool, the onion will strengthen the longer it sits.