

Beetroot Carpaccio with Apricot and Brie

This is clearly not something everyone will enjoy, but beetroot is so healthy and should be part of your diet. Thinly sliced kitchen-ready beets lay the foundation for this simple and tasty recipe. It is low in calories, fat and features a favorite root vegetable in a beautiful way. Soft-ripened Brie can be replaced with Feta or goat cheese.

Ingredients:

- 2 Beets, trimmed and thinly sliced
- 1/3 Lemon, juiced
- Sea salt
- Freshly ground black pepper
- White Balsamic vinegar
- 1-2 tbsp Walnut oil
- 2 Apricots, stoned and diced
- 2 oz Brie
- Rucola

Using a mandoline, slice the beet into a bowl. Add the lemon juice, a little salt and pepper, a large tablespoon of walnut oil and the balsamic vinegar, and mix. Cut the apricots in half, remove the pits and dice. Cut the Brie into cubes. Arrange the thinly sliced beets onto two serving plates. Scatter the diced apricot, Brie cubes and rucola over.