

With this recipe we are combining beetroot and lettuce. I have to admit it has taken me years to come round to enjoying beetroot, I've kept trying them over the years in various forms as they are wonderfully nutritious, but struggled. This recipe is a recent favourite thanks to my Aunt, I really appreciate all her help finding beetroot recipes I can savour!

Beetroot are a great source of folic acid, fibre, manganese and potassium, magnesium, phosphorus, iron, and vitamin B6. Betacyanin is a water-soluble, nitrogen containing antioxidant that gives beetroot their vibrant purple-crimson colour, but be careful when preparing them as this colour stains easily.

Lettuce is often maligned as "rabbit food" however it's a good source of vitamins A and K, and contains smaller amounts of vitamin C, calcium, and iron. Lettuce also has a high-water content, up to 95%, so contributes to our hydration.

I hope you enjoy this recipe as much as I do.

Beetroot and lettuce boats

(serves 2-4)

2 medium beetroot

Lettuce

2 tbsp live yoghurt

3 spring onions

Pinch black pepper

1 tsp cumin seeds

Zest of ½ a lemon

Optional extras: fresh herbs such as chives, dill, or mint



Heat oven to 180°. Wash the beetroot and wrap individually in tin foil. Pop on a baking tray in the oven for around 45 minutes, until they can be easily pierced with a knife, then set aside to cool.

Lightly toast the cumin seeds in a dry frying pan on a medium heat, being careful they don't catch. Then set aside.

Peel the beetroot, and dice into small cubes. Finely slice the spring onions and add to the beetroot with the yoghurt, cumin seeds, black pepper, lemon zest, and any herbs you are using, mix well.

Separate out the lettuce into individual leaves, wash, dry and use them as boats to spoon in some of the beetroot mixture, little gem lettuce works especially well for this.

Lovey served as a light starter, or addition to a selection of mixed salads.

Rebecca Vincent BSc (Hons)

BANT registered nutritionist

07515 019430

www.rebeccavincentnutrition.co.uk