

RECIPES

# Lentil and Sweet Potato Salad

So colorful and delicious this salad deserves a place on your fall menu.

BY CHARLYNE MATTOX PUBLISHED: SEP 26, 2025

**Yields:**

**6 - 8** serving(s)

**Prep Time:**

**25** mins

**Total Time:**

**50** mins

## Ingredients

**5 Tbsp.** fresh lime juice

**1/4 cup** packed fresh flat-leaf parsley, chopped

**1/2 cup** plus 1 tablespoon olive oil, divided

Kosher salt and freshly ground black pepper

**2 lb.** sweet potatoes (about 2 large), cut into 1½-inch chunks

**1 tsp.** smoked paprika

**3** cloves garlic, chopped

**2 tsp.** ground coriander

**2 tsp.** ground cumin

**1 3/4 cups** black lentils

**6 oz.** feta, crumbled (about 1½ cups)

**1/3 cup** toasted pepitas

**1/4 cup** pomegranate seeds

Aleppo pepper or crushed red pepper flakes and Flaky sea salt, for serving

## Directions

### Step 1

Preheat oven to 425°F. Whisk together lime juice, parsley, and ¼ cup oil in a bowl. Season with salt and pepper.

### Step 2

Toss together sweet potatoes, smoked paprika, and ¼ cup oil on a large rimmed baking sheet. Season with kosher salt and pepper. Roast, tossing halfway through, until golden brown and tender, 30 to 35 minutes.

### Step 3

Meanwhile, heat remaining tablespoon oil in a large pot over medium heat. Add garlic, coriander, and cumin. Season with kosher salt. Cook, stirring often, until garlic is fragrant, 1 to 2 minutes. Add 8 cups water, cover, and bring to a boil. Add lentils, reduce to a strong simmer, and cook until tender, 22 to 24 minutes. Drain and transfer to a serving platter.

### Step 4