

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