

Lentil Sweet Potato Salad

Source: theplantbasedschool.com

Prep	Cook	Total
10 min	20 min	30 min

Yield: 6 people

Serving: 6

Lentil sweet potato salad is one of our favorite salads ever! It's nutritious, tasty, and aromatic, thanks to a simple cumin and paprika dressing inspired by Moroccan cuisine. This salad is the perfect make-ahead meal, and you can enjoy it as a quick and fulfilling lunch or wholesome dinner, bring it to potlucks or serve it for brunch.



Ingredients

FOR ROASTED SWEET POTATOES

1 $\frac{1}{2}$ pound **sweet potatoes** (about 3 large) peeled and cut into 1-inch cubes

$\frac{1}{2}$ tablespoon **extra virgin olive oil**

$\frac{1}{4}$ teaspoon **salt**

4 twists **black pepper**

OTHER SALAD INGREDIENTS

1 can (15 oz) **lentils** or 1 $\frac{1}{3}$ cups cooked or $\frac{2}{3}$ cup dry lentils

2 tablespoons **pistachio nuts** toasted (optional)

1 cup **flat-leaf parsley**

FOR THE DRESSING

4 tablespoons **extra virgin olive oil**

3 tablespoons **lemon juice**

2 cloves **garlic** minced, or 1 tsp **garlic powder**

1 teaspoon **cumin ground**

1 teaspoon **paprika**

$\frac{1}{2}$ teaspoon **salt**

$\frac{1}{4}$ teaspoon **black pepper**

Directions

ROAST THE SWEET POTATOES