



Makes 16 cups
Preparation Time: 25 minutes
Cook Time: 15 minutes

INGREDIENTS:

1½ lb. sweet potatoes, peeled
and cut into ¾-inch cubes

10 medium radishes, trimmed
and halved

¾ cup dry red lentils, rinsed and
picked through (see tip, recipe
intro)

1 teaspoon sea salt

½ cup apple cider vinegar

½ cup no-sugar-added apple
cider

1 tablespoon chopped fresh sage
or thyme

2 teaspoons coarse-ground
mustard or Dijon mustard

6 cups torn leaf lettuce

2 medium apples, cored,
quartered, and thinly sliced

1 medium fennel bulb, trimmed,
cored, and thinly sliced

½ cup chopped toasted walnuts

Roasted Radish Salad with Sweet Potato and Apple

Roasted **radishes** are the star ingredient in this dreamy fall-themed salad, which is hearty enough for a main meal and pretty enough for a **party table**. Radishes become sweet when cooked and pair beautifully with tender roasted sweet potato. Red lentils add extra staying power, apple and fennel add crunch, and a bed of leaf lettuce balances the denser ingredients. Finish with chopped walnuts (or omit them, if you like) and a drizzle of cider-mustard dressing for a crowd-pleasing salad you'll want to make again and again.

Tips

Red lentils: Be sure to check the package label for the lentils, as cook times can vary among brands.

Gluten-free version: To make this salad gluten-free, be sure to opt for a gluten-free brand of mustard.

For more inspiration, check out these tasty ideas:

- [Kale and Spiced Pumpkin Salad with Figs](#)
- [Chopped Winter Salad with Meyer Lemon Vinaigrette](#)
- [Harissa Roasted Carrot Salad with Couscous](#)
- [Crunchy Brussels Sprout Slaw with Figs, Pomegranate, and Quinoa](#)

By Laura Marzen, RD, LD

- 1 Preheat oven to 425°F. Line a large shallow roasting pan with parchment paper. Spread sweet potatoes and radishes evenly in pan. Cover loosely with foil; roast 15 minutes. Stir vegetables. Roast, uncovered, 15 to 20 minutes more or until just tender and starting to brown.
- 2 Meanwhile, in a medium saucepan combine lentils, ¼ teaspoon of the salt, and 2¼ cups water. Bring to boiling; reduce heat. Cover and simmer 5 to 7 minutes or until lentils are just tender. Drain off any excess liquid. Let cool slightly.
- 3 For dressing, in a medium bowl whisk together the remaining ¾ teaspoon salt, the vinegar, apple cider, sage, and mustard.
- 4 Arrange lettuce on serving plates. Top with lentils, roasted vegetables, apples, and fennel. Drizzle with dressing and sprinkle with walnuts.