



Makes 4 servings

Preparation Time: 15 minutes

Cook Time: 35 minutes

INGREDIENTS:

1 cup dried green lentils, picked over (200 g)

2 sweet potatoes, peeled and cut into ½-inch /1.3cm cubes (about 1 pound / 455 g)

1 large or 2 small shallots, trimmed and minced

¼ cup snipped fresh chives (10 g)

2 tablespoons chopped fresh parsley

¼ cup tahini (60 g)

2 tablespoons Dijon mustard, or more as needed

2½ tablespoons reduced-sodium tamari sauce or liquid coconut aminos, or more as needed

2½ tablespoons apple cider vinegar, or more as needed

1 tablespoon pure maple syrup

2 tablespoons water

8 slices whole-grain bread

Roughly chopped baby arugula or additional chopped parsley, for serving (optional)

Maple Mustard Lentils, Sweet Potatoes, and Herbs

If you enjoy sweet and savory seasoning combinations as much as I do, you'll love the spicy-tangy and sweet-salty mix of maple syrup and Dijon mustard. In this recipe, they're turned into a creamy dressing with the addition of tahini and savory tamari (or liquid aminos). Together, these flavors are bold enough to stand up to the earthiness of the lentils and sweet potatoes, making a hearty topping for open-faced, whole-grain toasts. The green component in this recipe is chopped fresh herbs—chives and parsley—plus some baby arugula. They give a welcome sense of freshness and offer specks of color.

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By Gena Hamshaw, RD

- 1 Bring a medium pot of water to a boil over medium-high heat and add the lentils. Boil the lentils for 15 to 25 minutes, until tender but retaining their shape and some firmness. Drain the lentils through a fine-mesh strainer. Using tea towels or paper towels, press the lentils gently through the strainer to help remove all excess moisture. Set the lentils aside.
- 2 Fill the same pot with a few inches of water and fit it with a steamer attachment. Bring the water to a simmer over medium-low heat. Add the sweet potatoes and steam for 10 minutes, until tender.
- 3 Place the sweet potatoes, lentils, shallots, chives, and parsley in a large mixing bowl.
- 4 In a small bowl or liquid measuring cup, whisk together the tahini, mustard, liquid aminos, vinegar, maple syrup, and water. Pour this dressing over the lentil and sweet potato mixture. Mix well, then adjust the mustard, liquid aminos, and vinegar to taste.
- 5 Toast the bread, if desired. Divide the lentils and sweet potatoes among the toasts—2 slices per serving—and top the slices with a bit of the arugula or additional parsley (if using). The lentil and sweet potato mixture will keep in an airtight container in the fridge for up to 4 days.