Roast-vegetable snack bowls with a lemon dressing

Vegetable and dressing prep card • Free, no signup or purchase.

Roast the vegetables

Cut 2 cups carrots, peppers and zucchini into similar bite-sized pieces. Toss with 1 tablespoon oil and a little salt. Roast on a tray at 425°F, turning once, until tender and browned, usually 20–30 minutes.

Mix the dressing

Whisk 1 tablespoon lemon juice with 1 tablespoon olive oil and black pepper. Keep dressing separate so each serving can be dressed when eaten.

Cool and refrigerate

Portion cooked vegetables into shallow food-safe containers and refrigerate promptly rather than waiting hours at room temperature. Keep dressing covered and chilled; note the preparation date.

Important

Use the serving-layout worksheet alongside your chosen published recipe. Check ingredients and allergens. Refrigerate perishable food promptly; for transport without refrigeration use an insulated bag and at least two cold sources. Follow the current food-safety source below. No shelf-life or health benefit is established.

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Batch date / time

Ingredient amounts or substitutions

Allergens to identify

Portions / container sizes

Refrigeration / transport plan

What to change next time

LAYOUT / SPACING PRACTICE