



Orange Honey Acorn Squash

Servings: 6

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- 3 small acorn squash
- 4 tablespoons frozen orange juice concentrate
- Water
- 2 tablespoons honey or sugar
- ¼ teaspoon nutmeg or cinnamon
- 1 tablespoon margarine



Directions:

1. Wash hands and surfaces.
2. Preheat oven to 400 degrees F.
3. Cut squash in half and remove seeds.
4. In shallow baking dish, place squash halves cut-side up. Pour a small amount of water (¼ inch) in the bottom of the baking dish.
5. Combine orange juice, honey or sugar and cinnamon, and drizzle over each squash half. Add ½ teaspoon margarine to each squash half.
6. To speed cooking and keep steam in, cover pan tightly with aluminum foil. Bake 30 minutes.
7. Refrigerate leftovers immediately.

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Nutrition Facts

Amount Per Serving

Calories 140

Calories from Fat 20

% Daily Value*

Total Fat 2g

3%

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 25mg

1%

Total Carbohydrate 32g

11%

Dietary Fiber 6g

24%

Sugars 10g

Protein 10g

Vitamin A 40%

Vitamin C 50%

Calcium 6%

Iron 8%

Tips:

- Find a farmers market at:
agebb.missouri.edu/fmktDir/index.htm
or other Missouri local foods at:
foodcircles.missouri.edu/sources.htm
- ☺ Let your kids be produce pickers. Help them pick fruits and veggies at the store, farmers market or pick-your-own farms.
- Babies under 1 year should not be given honey.
- ☺ Make mealtime a family time — cook, eat and talk together.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/