

ORANGE HONEYED ACORN SQUASH

3 acorn squash (small)
½ cup orange juice
¼ cup honey
2 Tbsp. butter
⅛ tsp. ground nutmeg (optional)

PREPARATIONS

1. Heat oven to 400 F.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey in a small bowl. Mix well. Put some of the mixture in each squash cavity.
4. Add 1 Tbsp. of the butter to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminum foil to keep steam in and speed up cooking. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	170
Total Fat	4 g
Protein	2 g
Carbohydrates	34 g
Dietary Fiber	3 g
Saturated Fat	3 g
Sodium	40 mg

Source: USDA