Orange-Honey Acorn Squash

**Ingredients**
- 3 small acorn squash
- 2 Tablespoons orange juice frozen concentrate
- ¼ cup honey
- ½ teaspoon salt
- 2 Tablespoons soft-tub margarine

**Directions**
1. Wash hands with warm, soapy water.
2. Cut squash in half. Remove seeds and place halves in 9x13 baking pan.
3. Combine orange juice, honey, and salt. Mix well. Put some of the orange-honey mixture in each squash cavity.
4. Add 1 teaspoon of the margarine to each squash half.
5. Cover pan with aluminum foil to keep steam in and speed cooking.
6. Bake at 400°F for 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup (24g)</td>
<td>80</td>
<td>35</td>
<td>6%</td>
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</tbody>
</table>

- Total Fat: 4g (6%)
- Saturated Fat: 1g (4%)
- Trans Fat: 0.5g
- Cholesterol: 0mg (0%)
- Sodium: 250mg (10%)
- Total Carbohydrate: 35g (12%)
- Dietary Fiber: 3g (13%)
- Sugars: 12g
- Protein: 2g (4%)

- Vitamin A: 20%
- Vitamin C: 40%
- Calcium: 8%
- Iron: 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Serves: 6

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer.