



Orange Honey Acorn Squash

Servings: 6

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

3 small acorn squash

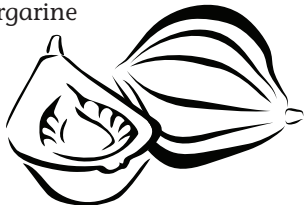
4 tablespoons frozen orange juice concentrate

Water

2 tablespoons honey or sugar

¼ teaspoon nutmeg or cinnamon

1 tablespoon margarine



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 (1/4 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.

Nutrition Facts

servings per container

Serving size 1/2 acorn squash
(236g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 32g 12%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 6g Added Sugars 12%

Protein 2g

Vitamin D 0mcg 0%

Calcium 135mg 10%

Iron 2mg 10%

Potassium 821mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

Helpful Tips

- Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- 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 family time — cook, eat and talk together.
- Butternut squash can be used in place of acorn squash in this recipe.

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 resource center or go online to mydss.mo.gov/food-assistance