



Recipe: Orange honeyed winter squash



INGREDIENTS

- 3 acorn squash (small)
- 2 tablespoons orange juice
- 1/4 cup honey
- 2 tablespoons butter or margarine
- nutmeg (1/8 teaspoon, optional)

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Cut squash in half. Remove seeds and place halves cut side up in a shallow baking pan.
3. In a small bowl, combine orange juice and honey. Mix well. Pour a small amount of this mixture into each squash cavity.
4. Add 1 teaspoon of butter/margarine to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminum foil to keep steam in and speed cooking.
6. Bake covered for 30 minutes. Remove foil and continue baking for 30 minutes more, or until squash is tender.

NUTRITIONAL INFORMATION:

Servings 6

Per serving: 166 calories, 4 g total fat, 2 g saturated fat, 8 mg sodium, 35 g carbohydrates, 3 g fiber, and 2 g protein.