

Orange Honeyed Acorn Squash

Orange juice, honey, butter, and spices are the perfect pairing for acorn squash.

Makes: 6 servings

Ingredients

- 3 small acorn squash, halved and deseeded
- 2 tablespoons orange juice
- ¼ cup honey
- 2 tablespoons butter, melted
- ? teaspoon nutmeg (optional)

Directions

1. Preheat oven to 400°F.
2. Place squash halves in shallow baking pan.
3. Combine orange juice, honey, and melted butter. Mix well. Coat each squash cavity with the mixture and sprinkle with nutmeg, if desired.
4. Cover pan with aluminum foil and bake for 30 minutes.
5. Remove foil and continue baking for 30 minutes more, or until squash is tender.



Note: Children under the age of 1 should not consume honey.

Recipe from: University of Wyoming Extension, Cent\$ible Nutrition Program, adapted by the USDA Food and Nutrition Administration.

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