



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Orange-Honey Acorn Squash*

- 3 small acorn squash
- 2 tablespoons orange juice (frozen concentrate)
- ¼ cup honey
- 1 teaspoon salt
- 2 tablespoons soft-tub margarine
- ⅛ teaspoon nutmeg, if desired

1. Cut squash in half. Remove seeds and place halves in shallow baking pan.
2. Combine orange juice, honey, and salt. Mix well. Put some of the orange-honey mixture in each squash cavity.
3. Add 1 teaspoon of the margarine to each squash half. Sprinkle with nutmeg if desired.
4. Cover pan with aluminum foil to keep steam in and to speed cooking.
5. Bake at 400°F for 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender. Makes 6 servings.

Nutrition Facts

Serving Size: 1/2 cup (240g)

Servings: 6

Amount Per Serving

Calories 160 Calories from Fat 30

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 430mg **18%**

Total Carbohydrate 34g **11%**

Dietary Fiber 3g **13%**

Sugars 17g

Protein 2g

Vitamin A 15% ■ Vitamin C 40%

Calcium 8% ■ Iron 8%

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

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

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