

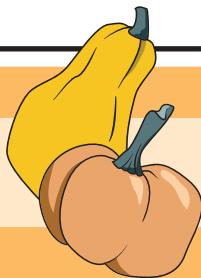
# Sweet and Easy Acorn Squash

## Ingredients:

- ❑ 1 acorn squash
- ❑ 1/4 cup 100% orange juice

## Directions:

- 1 Cut the squash in half. Remove the seeds and loose fibers in the middle.
- 2 Place the squash on an ungreased baking pan. The cut side of the squash should be face-up, and the uncut part of the squash should touch the pan.
- 3 Pour 2 tablespoons of juice into each half of the squash and spread evenly on the inside.
- 4 Bake at 400 degrees for 30 to 45 minutes, until tender when pierced with a fork.



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## Tips:

- 1 If you have a microwave, put the squash in the microwave and heat for 1-1/2 minutes on high. This will soften the squash, and make it easier to cut.
- 2 For an extra flavor twist, try sprinkling the squash with a little bit of cinnamon when it comes out of the oven.



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