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.
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.