



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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Serving McLean, Livingston, & Woodford Counties

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# Calabaza en Tacha (Mexican Candied Pumpkin)



2 cups water  
2 cinnamon sticks  
8 oz. piloncillo (brown sugar cane)  
or 1 cup dark brown sugar

1 orange, zested and juiced  
3 lb. pumpkin, rind on, seeds removed  
and cut into 2–3-inch chunks

**Instructions:** In a large saucepan, heat water, cinnamon sticks, piloncillo, orange zest and juice until boiling. Turn heat down and simmer, stirring until piloncillo is dissolved. Add the pumpkin pieces and simmer, covered, for 30 minutes. Remove the lid and simmer for an additional 1 hour or until pumpkin is fork tender and the sauce has reduced to a glaze. Remove cinnamon sticks. Serve pumpkin warm, drizzled with the syrup. Store leftover pumpkin and syrup in the refrigerator for up to one week.

*Yield: 16 servings*

**Nutrition Facts (per serving):** 70 calories, 0 grams fat, 0 milligrams sodium, 18 grams carbohydrate, 15 grams fiber, 1 gram protein