

# Recipe Courtesy of INDIANA STATE POULTRY ASSOCIATION



## Facts

- One egg has 13 essential vitamins and minerals in varying amounts, high quality protein, unsaturated fats and antioxidants, all for 70 calories.
- A single laying hen can produce 300 to 325 eggs per year.
- Indiana is #2 in U.S. egg production! There are approximately 35.5 million laying hens in Indiana. The United States is the fourth leading producer of eggs worldwide.
- An eggshell can have more than 17,000 pores.
- To tell the difference between a raw egg and a hard cooked one, spin it. Hard cooked eggs spin easily, raw eggs wobble.
- Scan the QR Code below with your phone to learn all about the incredible egg or visit [www.INpoultry.com](http://www.INpoultry.com).



INDIANA  
**STATE FAIR**



# Dill Egg Pasta Salad



## INGREDIENTS

- 12 large eggs
- 1 teaspoon Dijon mustard
- 2 Tablespoons white wine vinegar
- ½ teaspoon sugar
- ¼ cup extra-virgin olive oil
- Salt and black pepper, to taste
- ½ cup chopped red onion
- 8 ounces whole wheat rotini or farfalle pasta
- 1 (14-ounce) can quartered artichoke hearts, drained
- ¼ cup fresh dill, finely chopped
- ¼ cup fresh parsley, finely chopped

## INSTRUCTIONS

1. Place eggs in the bottom of a large pot and cover with water by 1 inch. Bring to a boil over medium-high heat; remove from heat, cover with a lid and let sit, undisturbed for 12 minutes. Drain water and place eggs in a bowl of ice water to cool. Once cool, peel and slice in half.
2. Meanwhile, in a large bowl, whisk the mustard, vinegar, sugar, olive oil, salt and pepper together. Add the onions, artichoke hearts, dill and parsley and toss to coat. Set aside.
3. Cook pasta following package directions. Drain and rinse under cold water to cool.
4. Add pasta to the bowl with the dressing along with half of the eggs and gently stir to combine.
5. Portion among bowls and garnish with remaining egg halves.