



Recipes

PAINT
& Nibble



Recipes by Peggy Markham

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About Me



I really enjoy bringing people around the table for creativity, good food, good wine, and great conversation.

I love coffee, listening to the birds singing, the Blue Ridge Mountains, and being by the water. I just love the outdoors! My favorite time of day is when I wake up and it's still dark outside. I fix my coffee and when it's not too cold or rainy out, I sit outside and listen for the chorus of birds to begin singing...it's amazing!

I've always loved to cook. As a kid, I spent most of my days outdoors and frequently pretended to have my own little house to cook in. I would gather wild onions, flowers, leaves, rocks, mud, you know, the typical pretend food fare kids find outside.

Once I had kids of my own, I would always find ways to have celebrations and get-togethers to entertain my kids and create wonderful memories.

Today, I enjoy cooking *and* painting and I especially enjoy sharing what I know with others. And I like to feed people too! Paint & Nibble events allows me to share my enjoyment of art and cooking!

I hope you find these recipes simple and delicious. If you have any questions about anything, drop me a line at peggy@zenendipity.com Thanks for downloading this free recipe book. Enjoy!

Peggy Mackham

Artichoke & Spinach Dip

My recipe blends the ingredients in a food processor which produces a subdued spinach flavor. You can skip this step for a chunkier texture and spinach flavor. Great for all types of gatherings.



Ingredients

- 16 oz sour cream
- 1 brick of cream cheese, softened
- 2 cans artichoke hearts
- 1, 10 oz package of frozen spinach, thawed with water squeezed out
- 1/4 cup heavy whipping cream
- 2 cups parmesan cheese
- 1/2 cup shredded mozzarella
- 4 cloves garlic, minced

Instructions

Preheat your oven to 375 degrees.

Blend all ingredients in a food processor.

Pour into a 9x13 baking dish and top with mozzarella. Bake for 20-25 minutes.

Serve with your choice of crackers, or thinly sliced and toasted bread. Sour dough or a crusty bread is great with this dip.

Bread

This recipe is the same one I use for making pizza dough, but I modify it slightly to replacing olive oil for butter. In the picture below, I have sausage balls waiting to go in the oven! Another family favorite!



Ingredients

- 2 ¼ cups of flour
- ¾ cup of very warm water
- 2 tsp yeast
- 1 tsp salt
- 2 TBLSP butter, melted

Instructions

Proof the yeast: In a medium mixing bowl, add the yeast and sugar. Pour the warm water over the yeast, moving the liquied stream around to help mix everything.

Once the yeast is proofed (takes about 5 minutes), add the butter, salt, and then flour. Mix thoroughly with a silicone spatula (*I find they work best*) until all the flour has been incorporated.

Generously dust a flat surface with flour and knead the dough until no longer sticky and is fairly stiff.

In a nice warm place, let the dough rise 1 hour, or until doubled in size. *I set my oven to the lowest temp (100°) then turn it off and place my dough in the warmed oven.*

Punch dough down and knead 2-3 times and then form the dough into a ceramic bread pan that's been greased with butter or olive oil.

Let rise another 45 minutes. Preheat oven to 400°. Once preheated, place the bread in the oven and bake for 20-25 minutes or until golden brown.

Broccoli & Spinach Quiche

One of my favorite quiches made with fresh broccoli, spinach, and organic eggs, swiss and sharp cheddar cheeses. Perfect for anytime eating!



Ingredients

- 1 bunch broccoli cut into florets
- 1 small onion finely chopped
- 1/2 package of frozen spinach
- 2 garlic cloves minced
- 1 prepared pie crust, unbaked
- 4 eggs
- 1 cup half 'n half
- 1/2 tsp rosemary
- 1/2 tsp thyme
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup cheddar cheese divided
- 1 cup shredded Swiss cheese divided

Instructions

Preheat oven to 375 degrees°. Using a large skillet heat olive oil and butter over medium heat. Add broccoli and onion to the skillet and cook and stir until tender. Add garlic and spinach and heat through, about 2-3 minutes. Place pie crust in pie plate and flute edges.

Blind bake (pre-bake) pie crust at 375 for about 15 minutes.

Remove pie crust from the oven and fill with broccoli mixture.

In a small bowl, whisk together eggs, half 'n half, rosemary, thyme, salt and pepper. Stir in half of cheddar cheese and half of Swiss cheese. Pour mixture over the vegetables. Sprinkle with the remaining cheeses.

Bake 30-35 minutes or until a knife inserted near the center comes out clean. Let stand 15 minutes before cutting.

Chicken Salad on Croissant

I don't like a heavy mayo-based chicken salad, so I substitute yoghurt and sour cream for part of the mayo called for in other recipes. I also like the flavor of celery and onions, but most people don't like the crunch, so I sauté mine first. It's a hit with my family!



Ingredients

- 4 chicken breasts
- 4 celery stalks, diced
- 1 medium onion, diced
- 1 large garlic clove, minced
- 2 tsp ground coriander
- 2 tsp thyme
- 2 tsp basil
- 1/2 tsp ground rosemary
- 2 tsp salt (or to your preference)
- 1/2 tsp black pepper

Dressing

- 1/2 cup mayo (I use Primal Kitchen brand)
- 1/2 cup plain whole fat or Greek yoghurt
- 1/4 cup sour cream

Instructions

Sauté the onions and celery in extra virgin olive oil until tender, but not mushy. Add garlic at the end of sautéing.

Meanwhile, cook chicken in a large sauté pan with your favorite fat. I use avocado and extra virgin olive oil. Add all of the seasonings. Cover and cook until the chicken can be easily shredded; about 45 minutes to 1 hour.

Remove chicken from heat and cool for about 45 minutes, just to make sure it's not too hot. Add the dressing ingredients and mix well to thoroughly incorporate the dressing.

Chill overnight for best taste.

Cream Cheese Sausage Dip

My husband came home from Florida from a work-related "boondoggle" and told me about this dip someone made for a company party he attended. He loved it and told me the basic ingredients so I could make it. It was a success and I originally called it "Florida Hog" because, well, it was from Florida and had pork in it! But I changed the name because a few people thought it was made with alligator meat!



Ingredients

- 1 lb hot breakfast sausage (I use Neese's brand)
- 4 bricks of cream cheese
- 1, 10 oz can chopped green chilies
- 1, 12 oz can diced tomatoes (use petite diced if you can)
- 1 large onion, chopped (any variety you like, I use red onion)
- 3 cloves garlic, minced

Instructions

In a crockpot, dump the cans of tomatoes and green chilies, then add the 4 bricks of cream cheese. Turn the pot on low (or high at first, but watch it). Check occasionally and stir the cream cheese with the rest of the contents.

Meanwhile, brown sausage in a frying pan, breaking into small pieces with a spoon or spatula. Once thoroughly cooked, drain on paper towels. Rinse the skillet, then sauté the onion until translucent, about 5 minutes. Add the garlic and sauté until fragrant.

Finally, add the sausage, onion and garlic to the crockpot and stir until well combined. Keep on warm. Serve with tortilla chips, pita bread or crackers.

Corn & Black Bean Salsa

This recipe is a version of what I had during a Blue Ridge Mosaic Artist's meeting. It was delicious and it was especially good on top of the cream cheese sausage dip!



Instructions

In a medium bowl, combine all ingredients and chill for 3 hours or overnight.

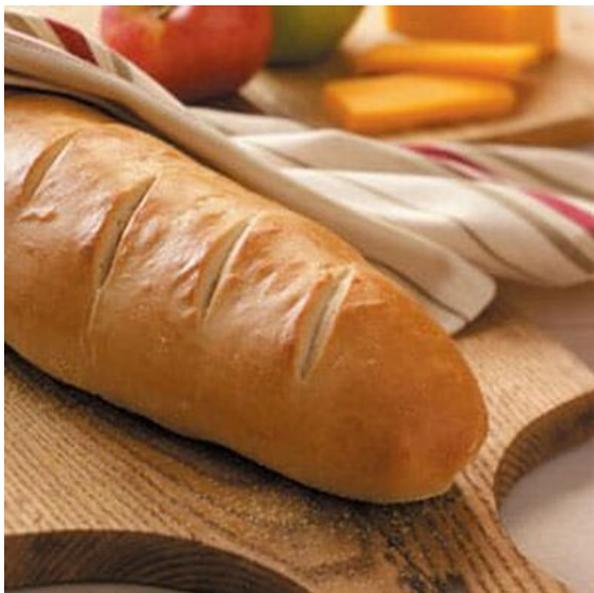
I served this as a garnish over the Cream Cheese Sausage Dip or you can serve this alone with tortilla chips!

Ingredients

- 1 can black beans, rinsed
- 1 10 oz package of frozen corn, preferably organic
- 1 jalapeno pepper, seeded and diced
- 1 large tomato, seeded and diced (you can use red bell pepper instead, or a combination)
- 1 medium green pepper, seeded and diced
- 1 small bunch of cilantro or flat leaf parsley, chopped (use whichever you like!)
- 1 tsp cumin
- 1/4 tsp chipotle pepper
- 1/2 tsp salt
- 1/4 cup sesame oil

French Bread

Serve this bread with any meal. I especially like making garlic toast to go with my spaghetti. If you have leftovers, French bread is great for making Bruschetta, a traditional Italian appetizer of bread with tomato, garlic, olive oil and basil. Or, you can make French Toast with it too!



Ingredients

1 package (1/4 ounce) active dry yeast or 1
3/4 tsp of instant dry yeast
3/4 cup plus 3 TBLSP of warm water (110° to
115°)
1 tablespoons sugar
2 tablespoons olive oil
1-1/2 teaspoons salt
2-1/4 cups all-purpose flour
Cornmeal
1 egg white
1 teaspoon cold water

Instructions

In a large bowl, dissolve yeast in warm water. Add the sugar, oil, salt and 2 cups flour. Beat until blended. Stir in enough remaining flour to form a stiff dough.

Turn onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; return to bowl. Cover and let rise for 30 minutes.

Punch dough down. Turn onto a lightly floured surface. Shape into a 16x2-1/2-in. loaf with tapered ends. Sprinkle a greased baking sheet with cornmeal; place loaf on baking sheet. Cover and let rise until doubled, about 25 minutes.

Beat egg white and cold water; brush over dough. With a sharp knife, make diagonal slashes 2 in. apart across top of loaf. Bake at 375° for 25-30 minutes or until golden brown. Remove from pan to a wire rack to cool.

Gingersnap Cookies

My sister, Perri Mason, gave me this recipe. I love these cookies almost as much as I love potato chips! Just the right amount of sweetness!



Ingredients

1- 1/2 sticks butter, softened
1 cup sugar
1/4 cup molasses
1 egg
2 cups flour
1/4 salt
2 tsp baking soda
1 tsp cinnamon
1 tsp cloves
1-1/4 tsp ginger
1/4 tsp black pepper

Instructions

In a large bowl, cream butter and sugar until thoroughly combined. Add molasses and egg and mix well.

In a medium bowl, whisk together dry ingredients. Add dry ingredients to the butter mixture and mix well.

Using a small spoon, scoop out enough dough to roll into a ball the size of a ping-pong ball. Roll in sugar to coat.

Place each cookie about two inches apart. Bake at 375 degrees for 12-14 minutes. (Oven temps may vary.)

Mexican 7 Layer Dip

Who doesn't love Mexican food? This is one of the best party appetizers ever. Layers of fresh salsa, refried beans, guacamole, cheddar cheese, and a few other favorite toppings create a colorful addition to any party spread.



Ingredients

- 1, 9 x 13 inch glass baking dish
- 1, 16 oz can refried beans
- 1, 4 oz can (or 6 oz) can chopped green chilies (make sure to remove all skin remnants)
- 1 pkg taco seasoning
- 1, 16 oz container of sour cream
- 2 cups pre-made guacamole dip (or make your own)
- 1, 16 oz jar salsa, any variety you like
- 2 cups shredded cheddar cheese, or pre-shredded Mexican cheese blend
- 1/3 cup green onions, chopped
- 1 cup cherry/grape tomatoes, quartered
- 1, 10 oz can sliced black olives

Instructions

Combine refried beans, green chilies, and taco mix. *Note: slightly warming the refried beans allows for easy mixing.* Combine tomatoes and green onions and set aside.

Layer 1: Spread bean mixture in the bottom of a 9 x 13 inch glass dish.

Layer 2: Spread sour cream over the top of bean mixture.

Layer 3: Spread the guacamole dip over the top of sour cream.

Layer 4: Spread the salsa over the guacamole

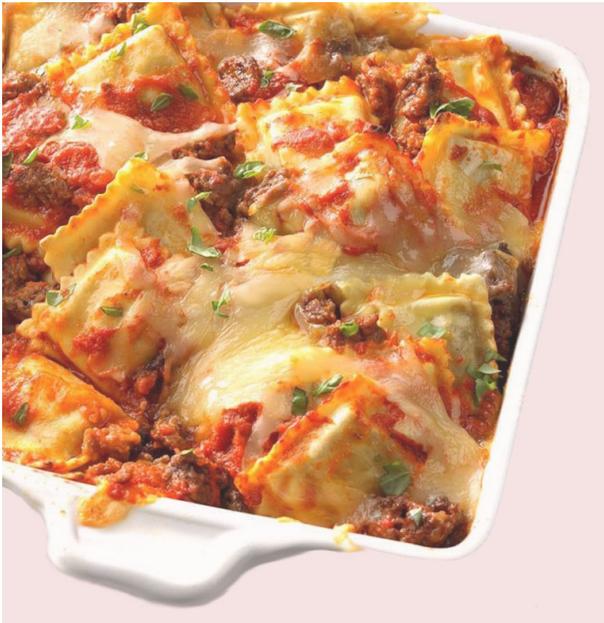
Layer 5: Fully cover with the shredded cheese

Layer 6: Add the tomato and green onions mixture

Layer 7: And finally the black olives on top. Just enough to add the contrasting color of black; don't overdo!

Ravioli Bake

I saw this recipe in Taste of Home magazine, but I tweaked it a bit (as always!). So easy, especially if making it with jarred sauce, but I really try hard to make everything from scratch. That way, I can control what goes into my food.



Ingredients

1 large package of frozen 3-cheese ravioli,
enough to feed 12 (about 5 raviolis each)
1 jar of prepared spaghetti sauce, or you can
make your own
2 lbs shredded mozzarella
1/4 C Extra virgin olive oil
6 qt crock pot

Instructions

You will be layering ravioli, sauce and cheese in your crock pot.

Begin by adding the olive oil to the bottom and add about 1 C of the spaghetti sauce.

In a single layer, add ravioli to cover the bottom.

Pour just enough sauce to cover the ravioli.

Add a layer of shredded mozzarella.

Repeat until all ravioli is used and top with plenty of mozzarella.

Put the crock pot on low and let cook for 4-6 hours. If you're in a hurry, put the crock in the oven and bake at 325 degrees for 1 hour, then place the crock in its electric pan and turn on low until you're ready to serve.

Savory Pumpkin and Sage Soup

I began making this soup according to the recipe, but as I sampled it, I had to keep tweaking it as it just didn't taste good to me. But this version is really good!



Ingredients

- 1/4 cup olive or avocado oil
- 2 large sweet onions, sliced
- 1 1/2 tsp sea (or kosher) salt
- 3 garlic cloves, chopped
- 2 large sage leaves, or 1/2 tsp dried sage
- 2 tsp fresh ginger, peeled and chopped
- 1/4 tsp ground nutmeg
- 1/2 tsp ground cloves
- 1/8 tsp cinnamon
- 1/2 tsp ground coriander
- 1 tsp sugar
- 8 cups of vegetable or chicken broth
- 3, 15-oz cans pumpkin puree
- 1 TBLSP lemon juice (about 1 whole lemon)
- 1/4 tsp ground black pepper
- 1 1/2 cups heavy cream

Instructions

In a 5-quart pot, heat oil to medium and add onions with a sprinkle of salt. Reduce heat to low, and cook until a deep golden brown, about 40 minutes.

Add garlic, chopped sage, ginger, cloves, and nutmeg. Cook until garlic is golden, stirring occasionally, about 5 minutes. Add broth and pumpkin puree. Bring to a simmer over medium high heat, scraping up bits from the bottom of the pot. Reduce heat to maintain simmer and cook 20 minutes more, stirring occasionally.

With an immersion blender (or in batches in a regular blender), puree soup until smooth. Add 1 1/2 cups of heavy cream. Stir thoroughly. *(Never add milk or cream to high heat.)* If soup is too thick, add more broth for desired consistency

Garnish with fresh sage leaves, bacon crumbles, or parsley, if desired.

Emerald Rain Cocktail

This drink is very refreshing. Not too sweet or too tart. I made this cocktail for my Paint & Nibble event in March. I had to have something green and I wanted to make it special for the lady who the event was for. She didn't show up because she wasn't feeling well, but everyone loved it and they said it was a nice surprise.



Ingredients

2 ounces Hypnotiq

1 ounce vodka

1/2 ounce orange juice

1/4 of a freshly squeezed lime

Shake all the ingredients together thoroughly in a shaker with ice. Serve this drink in a chilled cocktail glass.