



# Cooking Classes

PRESENTED BY  
BLUE CROSS AND BLUE SHIELD  
OF ALABAMA

**All events are FREE to attend!**  
The first 100 registered attendees will receive free produce and a recipe card so they can easily replicate the dish at home.

## JOIN US!

### SUNDAY AFTERNOONS BETWEEN 3:30 AND 5:00 P.M.

Registration will open 30 minutes prior to class.

Get Healthy on the Railroad, presented by Blue Cross and Blue Shield of Alabama, is expanding in 2016 to offer five healthy nutrition classes at Railroad Park. Classes will be led by area non-profits on the Park's 17th Street Plaza.

### MAY 15\* | JUNE 5

Jones Valley Teaching Farm will lead cooking demonstrations utilizing produce grown on their teaching farms.

### JUNE 26 | JULY 17 | AUGUST 7\*

Join Urban Ministry's Chef Ama Shambulia for a cooking class designed to make southern favorites more healthy and nutritious.

\*Junior League of Birmingham's Project Yummy will be on site on these dates to provide healthy nutrition information and activities for children.

### SPONSORED BY



*The free produce provided to registered attendees will be sourced from Alabama farmers through REV Birmingham's Urban Food Project.*

GET HEALTHY

ON THE RAILROAD



URBAN MINISTRY INC.

# mama ama's slap somebody cornbread

RECIPE SERVES

4 TO 6 PEOPLE

**YUM!** The first 100 registered participants will receive a free produce bag!

## INGREDIENTS

- 2 cups fine ground yellow corn meal
- 2 tsp. baking powder
- 2 tsp. sea salt
- 2 eggs
- 2 tbs. honey
- ½ cup organic buttermilk
- ½ cup organic sour cream
- ½ stick organic butter (melted)

## Directions

- 1 Preheat oven to 400 degrees.
- 2 In your favorite mixing bowl mix all the dry ingredients.
- 3 In your other favorite mixing bowl mix all the wet ingredients.
- 4 Combine all the wet ingredients with the dry ingredients until the batter is smooth.
- 5 Put melted butter into your favorite 10" cast iron skillet.
- 6 Bake at 400 degrees for thirty minutes or until golden brown.