



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.

eggplant coconut curry

RECIPE SERVES

2 TO 4 PEOPLE

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

INGREDIENTS

- ¼ cup coconut oil
- ½ yellow onion
(thinly sliced)
- ½ red bell pepper
(thinly sliced)
- 1 large eggplant
(peeled & diced)
- 1 large tomato
(concassed & chopped)
- 1 large can coconut milk
- 1 tablespoon
curry powder
seasoning to taste
fresh basil or thyme
leaves (to garnish)

Directions

- 1 Prep veggies and set to the side in individual bowl or plates.
- 2 Heat coconut oil in sauté pan.
- 3 Add onions and sauté slightly.
- 4 Add peppers and sauté slightly.
- 5 Add eggplant and sauté until almost done.
- 6 Add tomatoes and stir.
- 7 Add coconut milk and stir.
- 8 Add curry powder & seasoning as desired.
- 9 Simmer until desired consistency (about 10 minutes).
- 10 Serve over jasmine or basmati rice.