



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 basil salt

RECIPE SERVES

4 TO 6 PEOPLE

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

INGREDIENTS

¼ cup coarse sea salt

¼ cup packed fresh
minced basil

Directions

- 1 Preheat oven to 175 degrees F°.
- 2 Line a small rimmed baking sheet with parchment paper.
- 3 Combine the salt and basil in a spice grinder and process until smooth.
- 4 Spread the mixture on the lined baking sheet and bake for 15 minutes, stirring occasionally.
- 5 Turn off the oven and leave the mixture to dry for 30 minutes.
- 6 Remove from the oven and let cool.
- 7 Transfer to a jar and seal tightly. Stored at room temperature it will keep for six months.

GET HEALTHY

ON THE RAILROAD



URBAN MINISTRY INC.

purple hull peas on grilled rustic bread

RECIPE SERVES

4 TO 6 PEOPLE

INGREDIENTS

- ¼ cup garlic infused olive oil
- 4 tbsp. freshly squeezed lemon juice
- 4 tbsp. red wine or balsamic vinegar
- 1 pound cooked (until firm but not too soft)
*purple hull peas
- 4 whole sun-dried tomatoes (thinly sliced)
- 1 cup assorted garden tomatoes (quartered)
- ¼ cup green pepper (thinly sliced)
- ¼ cup red bell pepper (thinly sliced)
- ¼ cup yellow bell pepper (thinly sliced)
- ¼ cup red onion or shallot (fine diced)
- 4 jalapeño chilies seeded (fine diced)
- ¼ cup cilantro or Italian parsley (minced)
- freshly ground black pepper
- sea salt or herbamare to taste
- rustic bread slices (grilled or toasted)
or whole romaine lettuce leaves

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

Directions

- 1 In a large mixing bowl combine olive oil, lemon juice, and vinegar, whisk until well blended.
 - 2 Add peas, sun-dried tomatoes, tomatoes, peppers, onion, chilies, cilantro, and gently toss until well combined.
 - 3 Season with black pepper and sea salt or herbamare and gently toss until well combined.
 - 4 Let mixture rest at room temperature for 1 hour.
 - 5 Spoon onto grilled bread slices or romaine lettuce leaves and serve.
 - 6 Garnish with fresh cilantro or parsley.
 - 7 Serve with love.
- * crowder, lady, or black-eye peas may be substituted