



# Cooking Classes

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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.

## THE FIRST SUNDAY OF EACH MONTH AT 3:30 PM

RAILROAD PARK 17TH STREET PLAZA

*Registration will open 30 minutes prior to class.*

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### JOIN US FOR:

- Cooking Demonstrations
- Food Tastings
- Alabama Produce Bags
- Healthy Eating Tips
- Free Recipes

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APRIL 2 | MAY 7 | JUNE 4 | JULY 2 | AUGUST 6

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FOR MORE INFORMATION, VISIT US AT [RAILROADPARK.ORG](http://RAILROADPARK.ORG)   

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### SPONSORED BY



BlueCross BlueShield  
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We cover what matters.

[ALABAMABLUE.COM/COMMUNITYINVOLVEMENT](http://ALABAMABLUE.COM/COMMUNITYINVOLVEMENT)



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



JONES VALLEY TEACHING FARM

# strawberry basil salad with toasted pecans

SERVES

4 TO 6 PEOPLE

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

## INGREDIENTS

- 1 cup raw pecan halves
  - 2 tbsp apple cider vinegar (may also use balsamic vinegar)
  - 2 tbsp extra virgin olive oil
  - 2 tsp brown/Dijon mustard
  - 1 tbsp honey
  - 2 cups sliced fresh strawberries
  - 1 cup fresh basil leaves cut into ribbons
  - 2 cups lettuce
- Salt and Pepper to taste

## Directions

- 1 Preheat oven to 375 degrees (you can work on other preparation while you're waiting). Place pecans on a rimmed baking sheet or in an oven-safe skillet. Toast in the oven for 6-7 minutes, until fragrant. Remove from oven and let cool to room temperature before assembling salad (you can speed this up by removing them from the hot baking sheet and placing in a serving bowl or plate).
- 2 Whisk or blend vinegar, olive oil, mustard, and oil together. Add salt and pepper to taste.
- 3 Toss lettuce, sliced basil leaves, toasted pecans, and sliced strawberries. Drizzle dressing over the top.

**Note:** Assemble salad just before serving. You can make the dressing, slice strawberries, and toast pecans ahead, however, don't combine everything until you're about to serve.



JONES VALLEY TEACHING FARM

## sweet potato cornmeal muffins

YIELDS APPROXIMATELY 18 MUFFINS.

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

### INGREDIENTS

- 1 cup all-purpose flour
- 1 cup cornmeal
- 4 tsp baking powder
- 1 tsp salt
- 1/3 cup sugar
- 3 cooked sweet potatoes mashed or 1 (16 ounce) can sweet potatoes
- 2 eggs
- 6 tbsp buttermilk
- 3 tbsp oil

### Directions

- 1 Preheat oven to 425 degrees.
- 2 Mix together dry ingredients: flour, cornmeal, baking powder, salt, and sugar.
- 3 Separately, mix together wet ingredients: sweet potatoes, cooked and mashed, eggs, buttermilk, and oil.
- 4 Then mix the dry and wet ingredients together until moistened.
- 5 Put it in greased muffin tins and bake at 425 degrees until done. (about 15 to 20 minutes).