

GET HEALTHY

ON THE RAILROAD



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.

JOIN US FOR:

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

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

FOR MORE INFORMATION, VISIT US AT RAILROADPARK.ORG   

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We cover what matters.

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



JONES VALLEY TEACHING FARM

Roasted Root Vegetables

SERVES

4 TO 6 PEOPLE

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

INGREDIENTS

Turnip roots

Beets (multiple varieties if you have them)

Sweet potatoes (multiple varieties if you have them)

Olive Oil (enough to lightly coat the sliced root vegetables)

Salt and Pepper

Directions

- 1 Cut turnip roots, beets, and sweet potatoes into uniform pieces.
- 2 Place into a bowl and lightly drizzle with olive oil.
- 3 Scatter pieces onto a rimmed baking sheet.
- 4 Bake at 375-400 degrees until tender and browned on the edges. Check the vegetables twice during cooking and stir to prevent them from getting too dark on one side.

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JONES VALLEY TEACHING FARM

Southern Spring Salad

WITH NEW ONIONS AND A WARM BACON VINAIGRETTE

SERVES

4 TO 6 PEOPLE

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

INGREDIENTS

One head Red Romaine Lettuce or Red Buttercrunch Lettuce

One head Field Romaine Lettuce or Green Buttercrunch Lettuce

1 fresh yellow onion sliced into thin rounds (include the green parts)

1 fresh purple onion sliced into thin rounds (include green parts)

6-12 slices bacon (reserve 1

Tbsp of the drippings)

2 Tbsp apple cider vinegar (may also use balsamic vinegar)

2 Tbsp extra virgin olive oil

1-2 tsp brown/Dijon mustard

1 head of garlic, roasted

Directions

1 Roast the garlic.

Slice the top off a whole head of garlic. Drizzle with olive oil and wrap in foil. Place in oven at 375 degrees for about 25-30 minutes. The garlic should be soft enough to squeeze. Mash the cloves into a paste and set aside.

2 Cook the bacon.

While the garlic is roasting, cook your bacon on a rimmed baking sheet and cook it in the oven along with your garlic. Be sure to turn the pan a couple of times while it is cooking and watch it closely so that it doesn't burn. It should take about 20 minutes.

3 Prepare the vinaigrette.

Place 1 Tbsp of the bacon drippings into a sauté pan and heat on medium. Whisk together apple cider vinegar and extra virgin olive oil. Add this mixture to the drippings and heat together while gently whisking. Remove from heat. Whisk in the garlic paste and Dijon mustard to taste.

4 Prepare the greens.

Wash and dry the lettuce leaves and cut or tear into bite sized pieces. Slice onions into thin rounds and scatter evenly over the greens. Crumble crisp bacon over greens and onions. Pour warm vinaigrette over the salad and enjoy!



JONES VALLEY TEACHING FARM

Baked Polenta Cakes

MAKES
6 TO 8 CAKES

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

INGREDIENTS

- | | |
|---------------|-------------------------------|
| 1 cup milk | ¼ cup cream cheese (optional) |
| 2 cups water | 4 Tbsp grated Parmesan cheese |
| 1 cup Polenta | Salt and pepper to taste |

Directions

- 1 In a saucepan, combine the milk and water.
- 2 Bring the mixture to a boil over low heat and season generously with salt.
- 3 Once the liquid is at a boil and is seasoned well, sprinkle in the polenta, whisking constantly.
- 4 Once the polenta has combined with the liquid, stir the mixture frequently with a spoon until the polenta is thick.
- 5 Remove the polenta from the heat and stir in the cream cheese and grated parmesan.
- 6 Line a 7x7 square pan with plastic wrap.
- 7 Spread the cooked polenta into the pan, smooth the top and cover with more plastic wrap.
- 8 Chill the polenta in the refrigerator until needed. It will need to be chilled through in order to cut it.
- 9 Remove the polenta from the refrigerator and remove it from the pan by lifting with the edge of the plastic wrap.
- 10 Cut the large square into desired shapes.
- 11 Place the polenta cakes onto a lined baking sheet.
- 12 Place them in the oven and bake at 375 degrees for about 15 minutes.