



# 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.

## peaches & cream

BOTH RECIPES SERVE

4 TO 6 PEOPLE

### INGREDIENTS

- 4 peaches  
(pitted and sliced)
- 1 cup chilled organic  
whipping cream
- 2 tbsp. honey  
add a smidgen  
of organic vanilla  
extract or fresh  
vanilla bean

### Directions

- 1 Wash, pit, and slice peaches and place in 4 individual dessert bowls.
- 2 In a medium size bowl add whipping cream.
- 3 With a wire whisk whip until cream starts to thicken.
- 4 Add honey and vanilla to cream.
- 5 Continue to whip until cream is desired consistency.
- 6 Put whipped cream over peaches and serve.

### INGREDIENTS\*

- tomatoes
- cucumbers
- basil
- dill
- organic extra virgin  
olive oil to taste
- organic balsamic  
vinaigrette to taste
- sea salt to taste
- freshly ground black  
pepper to taste

\* This is a free flowing recipe.  
Quantities are to your choosing.

## tbltd salad freestyle (tomatoes, cucumbers, basil, dill)

### Directions

- 1 Mix all ingredients in a bowl.
- 2 Transfer mixed ingredients into your prettiest salad bowl.
- 3 Serve as a side salad with beans or field peas.