



# 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



## JVTF spring salad

SERVES  
4 TO 6 PEOPLE

**YUM!** The first 100 registered participants will receive a free produce bag that will include kale, strawberries, and radishes!

### INGREDIENTS

- 1 bunch of kale
- 2 cups sliced strawberries
- ½ cup thinly sliced radishes
- ½ cup crumbled feta or goat cheese
- ½ cup sunflower seeds
- juice of 1 lemon
- salt (to taste)

### SALAD DRESSING

- 6 tbsp olive oil
- 2 tbsp balsamic vinegar
- 2 tsp honey
- 1 tsp pepper

### Directions

- 1 Slice strawberries and radishes. Set aside.
- 2 Tear kale into bite-size pieces.
- 3 Juice lemon and pour over kale.
- 4 Using your hands, firmly massage the kale with lemon juice for at least 3 minutes. This is important! It makes the kale much softer and more delicious.
- 5 Add strawberries, radishes, and cheese.
- 6 In a small bowl or mason jar, mix together the ingredients for the dressing. Stir/shake well!
- 7 Pour ½ of dressing over salad and mix together. If needed, add more dressing until leaves are evenly coated but not dripping.
- 8 Sprinkle sunflower seeds on top. Enjoy!