



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

summer caprese salad

SERVES

4 TO 6 PEOPLE

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

INGREDIENTS

- 2 cups tomatoes, diced and “pulped”
- 2 cups cucumbers, diced
- 2 cups (16 oz) mozzarella, cut or torn into bite-size pieces
- 1 cup red onion, diced
- ¼ cup fresh basil, cut or torn into small pieces
- Salt and pepper, to taste

DRESSING

- 6 tbsp olive oil
- 2 tbsp red wine vinegar
- 1 clove garlic, diced

Directions

- 1 Dice tomatoes and then, using your finger, scoop out the seeds and pulp so you are left with just the “meat.”
- 2 Dice cucumbers and add to bowl with tomatoes. Sprinkle liberally with salt and set aside for at least 5 minutes.
- 3 Meanwhile, dice onion and cut or tear mozzarella and basil. Set aside.
- 4 Drain off excess liquid from tomato/cucumber mixture.
- 5 Add in the onions, basil, 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. Add more dressing until evenly coated but not dripping.
- 8 Add salt and pepper to taste and enjoy!

Notes: Tearing the basil and mozzarella are both great tasks for kids. Balsamic and white wine vinegar would both work in place of red wine vinegar. Feta would work in place of mozzarella. To make this dish into a meal, add 1-2 cups cooked and chilled pasta (orzo or bowtie would work well) or quinoa.