



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.

ALABAMABLUE.COM/COMMUNITYINVOLVEMENT



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



URBAN MINISTRY INC.

Johnny Blaze Cake

SERVES

12 TO 16 PEOPLE

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

INGREDIENTS

- 2 cups yellow corn meal
- 2 tsp baking powder
- 2 tsp sea salt or herb sea salt
- ½ jalapeno finely diced or ½ tsp cayenne pepper
- 2 cups hot rice milk
- olive oil

Directions

- 1 In a large bowl combine cornmeal, baking powder, salt and cayenne.
- 2 In a small saucepan bring the rice milk to boil and slowly pour over the cornmeal mixture stirring as you pour. Add the jalapenos (if using) to the batter, mix well and refrigerate for 30 minutes.
- 3 Preheat oven to 375 degrees.
- 4 Oil a skillet or baking pan generously with olive oil.
- 5 Add batter to pan and bake for 30 minutes at 375 degrees.

GET HEALTHY

ON THE RAILROAD



URBAN MINISTRY INC.

Fresh Corn Relish

SERVES

4 TO 8 PEOPLE

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

INGREDIENTS

kernels from 4 ears of sweet corn (grill for extra flavor)

- 1 tbsp red onion or shallot finely diced
- 1 tbsp green bell pepper finely diced
- 1 sundried tomato finely diced
- 1 tbsp olive oil
- ½ tbsp balsamic vinegar or red wine vinegar
- sea salt to taste
- black pepper to taste

Directions

- 1 Shuck, wash and cut corn and add to medium size mixing bowl.
- 2 To mixing bowl add red onion or shallots, bell pepper and sundried tomato.
- 3 To mixing bowl add olive oil and vinegar.
- 4 Serve as a side salad or condiment.
- 5 Smile!

GET HEALTHY

ON THE RAILROAD



URBAN MINISTRY INC.

Vegan Cole Slaw

SERVES

8 TO 10 PEOPLE

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

INGREDIENTS

- ½ head of green cabbage (cored) & finely sliced (chiffonade)
- ½ head of purple cabbage (cored) & finely sliced (chiffonade)
- ½ cup vegenaïse dressing
- ½ tsp sea salt or herb sea salt
- 1 tsp honey
- fresh dill chopped (optional) or fresh parsley chopped (optional)

Directions

- 1 Half heads of cabbage, core, wash and dry with paper towels.
- 2 Slice finely (chiffonade) cabbage.
- 3 In a large mixing bowl combine all ingredients.
- 4 Add fresh dill or parsley (optional).
- 5 Toss gently with hands or wooden spoon.
- 6 Serve as a side salad or condiment with summer meals.