



# Cooking Classes

SPONSORED 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.

## 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](http://RAILROADPARK.ORG)   

---

### SPONSORED BY



BlueCross BlueShield  
of Alabama

We cover what matters.

[ALABAMABLUE.COM/COMMUNITYINVOLVEMENT](http://ALABAMABLUE.COM/COMMUNITYINVOLVEMENT)



*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.

# Mama Ama's Marinated 'Collard Green' Salad

---

## SERVES

8-10 AS A MAIN COURSE SALAD OR 24 AS A  
CONDIMENT (LASTS 3 DAYS IN THE FRIDGE)

---

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

## INGREDIENTS

- 1 bunch each fresh greens of  
your choice - collards, chard,  
kale, mustard, turnips  
(washed and finely sliced)
- 1 rib celery (finely sliced)
- 1/2 red onion or  
1 whole shallot (sliced)
- 1 clove garlic (minced)
- 1 sprig thyme (freshly picked)  
cayenne chilis  
(according to taste)
- 1/2 cup lemon juice
- 1/2 cup braggs aminos
- 1/4 cup olive oil
- Love

## Directions

Combine all ingredients in  
your favorite salad bowl,  
serve immediately.

GET HEALTHY

ON THE RAILROAD



URBAN MINISTRY INC.

## Savory Sautéed Summer Squash With Onions & Leeks

SERVES

2 AS AN ENTREE & 4 AS A SIDE VEGETABLE

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

### INGREDIENTS

- 4 medium yellow summer squash (cut lengthwise into eighths)
- 1 large onion (julienned)
- 1 bunch leeks (julienned)
- 1/4 cup olive oil or 4 tbsps butter
- 4 tbsps water  
sea salt or herbamare seasoning to taste

### Directions

- 1 In a medium size sauté pan sauté onions until translucent on medium heat.
- 2 Add squash and continue to sauté until slightly tender.
- 3 Add leeks and sauté until slightly tender.
- 4 Add water and continue to sauté until tender.
- 5 Season well.

**Note:** Serve as a main course entrée or as a side vegetable.

GET HEALTHY

ON THE RAILROAD



URBAN MINISTRY INC.

## Down Home Blues Cornbread

YIELDS

12 MUFFINS

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

### INGREDIENTS

- 2 cups blue corn meal
- 2 tsp non-aluminum baking powder
- 2 tsp sea salt
- 2 fresh farms eggs
- 2 tbsp Alabama honey
- 1 cup milk, buttermilk or cream plus more as needed
- 1/2 stick organic butter (melted)

### Directions

- 1 Preheat oven to 400 degrees.
- 2 In your favorite mixing bowl mix all the dry ingredients.
- 3 In your other favorite mixing bowl mix all the wet ingredients.
- 4 Combine all the wet ingredients with the dry ingredients until the batter is smooth.
- 5 Put melted butter into 12 cup muffin tin.
- 6 Bake at 400 degrees for thirty minutes until golden brown or until muffins separate from side of tin.