

Meet Chef Bland

Chef Franchesca Bland joined the Goose Creek CISD Nutrition Services Department in November, 2017.

When Chef Bland was in elementary school, she remembers arguing for control of the television with her two sisters. They wanted sitcoms and cartoons; Franchesca wanted to watch cooking shows. Her favorites were “Great Chefs: Great Cities” and “Cooking Live with Sandra Moulton.”

One day, she saw a television commercial for the Culinary Program at the Art Institute of Houston.

“I was amazed that you could cook for a living,” she said. “That’s when I knew what I wanted to do.”

Franchesca never strayed from that dream. She earned her culinary degree from there and has been refining her skills ever since (and getting paid for it, much to her delight.) Her experience ranges from Food Operations Manager at St. Luke’s Hospital, to teaching culinary arts students at Alvin community College.

Chef Franchesca enjoys bringing her passion for cooking to the students and staff of Goose Creek CISD.



Franchesca's Friends

Farm Fresh Texas Produce Recipe

Contest Winning Recipes

2019-2020



Developing the Whole Child

About the contest:

Chef Franchesca Bland is the Chef Manager for the Goose Creek CISD Nutrition Services Department. Chef Bland loves healthy, delicious foods and she challenged 4th and 5th grade students to create healthy recipes using Texas produce.

Contest Rules & Tips for Success

- ◇ Use at least one fresh Texas produce item from the list below.
- ◇ Recipes cannot include any tree nuts or peanuts due to allergy restrictions.
- ◇ Pre-made products can be part of an overall recipe, but be specific on your recipe.
- ◇ Recipes must be submitted on the official form provided. Don't forget the second page!
- ◇ Include a photo of your prepared recipe.
- ◇ Students should enter competition as individuals, not as teams.

Apples	Field Peas	Pumpkins
Beets	Grapefruit	Radishes
Bell Pepper	Green Beans	Spinach
Broccoli	Greens	Squash
Cabbage	Herbs	Sweet Potatoes
Cantaloupe	Honeydew Melon	Tomatoes
Carrots	Lettuce	Turnips
Celery	Mushrooms	
Cucumbers	Oranges	



**Enchiladas with
Carrots & Broccoli**
Created by:
Jonathan Garza
4th Grade @ Highlands Elementary

INGREDIENTS

Carrots
Broccoli
Cheese
Olive Oil
Chicken
Salsa
Corn Tortillas

DIRECTIONS

Boil the chicken for 30 minutes. Drain the water. Shred the chicken. Add enchilada sauce. Continue heating on low heat for 10 minutes. Using the olive oil, warm up each tortilla. Fill the warmed tortilla with the shredded chicken. Roll the tortilla and top with shredded cheese. Boil water for the carrots and broccoli. Boil the vegetables over a medium high heat for ten minutes. Drain the water.

Enjoy!

Note: Recipes have not been tested



Apple Carrot Muffins
Created by:
Karter Adams-Jones
 4th Grade @ Austin Elementary

Texas Supreme Pizza
Created by:
Kierstyn Arriaga
 5th Grade @ Ashbel Smith

INGREDIENTS

- 1/4 Cup Coconut Oil
- 1 Cup Old-Fashioned Oats
- 1/2 Teaspoon Baking Soda
- 1/4 Teaspoon Ground Ginger
- 3/4 Cup Grated Carrots (about 1 large carrot)
- 2 Large eggs (room temperature)
- 1/3 Cup honey/maple syrup

- 1 1/4 Cup White Whole Wheat Flour
- 1 1/2 Teaspoons Baking Powder
- 1 Teaspoon Ground Cinnamon
- 1/4 Teaspoon Kosher Salt
- 3/4 Cup Pealed, grated apple (1 small apple)
- 2 Teaspoons Pure Vanilla Extract
- 1/2 Cup Plain, non-fat Greek Yogurt (room temperature)

Glaze: 3/4 Cup Powdered Sugar, 1 Tablespoon of Honey
 1/2 Tablespoon unsweetened almond milk

DIRECTIONS

Preheat the oven to 350° F. Line 12 baking cups with paper liners or lightly coat with non-stick spray. Set aside. Microwave the coconut oil just until melted (about 30 seconds on high). Set aside to cool to room temp. In a large mixing bowl, whisk together the flour, oats, baking powder, baking soda, cinnamon, ginger and salt. Add the grated carrot and apple and fold to combine. In the bowl with the coconut oil, add the eggs, Greek Yogurt, honey and vanilla. Whisk until smooth. If the coconut oil re-solidifies, warm in the microwave in 15 second bursts until you can stir the mixture together. Add the wet ingredients to the dry ingredients and gently stir until just combined. Do not overmix! Divide the batter evenly among the 12 muffin cups. Bake for 18-22 minutes or until a toothpick inserted in the center of a muffin comes out clean. Place the pan on a wire rack and let the muffins cool for 4 minutes. Gently transfer the muffins to the rack to finish cooling completely. For the glaze: Whisk the powdered sugar, honey and 1 teaspoon of milk. Continue to add milk one teaspoon at a time until your desired consistency. Drizzle over the top of the cooled muffins. Enjoy!

INGREDIENTS

- Roma Tomato (diced)
- 3 Slices of crispy bacon
- 1/3 cup of diced onion
- 3 Mama Cozzi's Mini Thin Pizza Crusts
- 3/4 Cup of Kraft Mozzarella & Parmesans Cheese
- 2 ounces of fresh mushrooms
- 1 Teaspoon of Basil
- 1 ounce of fresh spinach
- 1 ounce of extra virgin olive oil

DIRECTIONS

Preheat the oven to 450° F.
 Dice the tomato and onion. Lightly brush both sides of the crust with olive oil. Spread the pizza sauce over the crust. Sprinkle the cheese. Add your toppings. Place the pizzas on a cookie sheet or pizza pan. Lower the oven temperature to 425° F. Cook the pizzas for 10 minutes.
 Serve and enjoy!



Zucchini Fries

Created by:

Caylee Williams

5th Grade @ Walker Elementary



INGREDIENTS

Zucchini
1/2 Cup Parmesan Cheese

2 large eggs
1/2 Cup Brad Crumbs

DIRECTIONS

Preheat the oven to 400° F.

Slice the zucchini into thin sticks. In a medium bowl, whisk the eggs; set aside. In a separate bowl, combine the Parmesan cheese and bread crumbs. Dip the zucchini slices into the egg; then dip it into the bread crumb mixture; make sure all sides are coated with the bread crumb mixture. Place the coated zucchini slices onto a sheet pan lined with parchment paper. Bake for 15-20 minutes. Once the zucchini comes from the oven, finish with salt and pepper to taste.

Enjoy!

Note: Recipes have not been tested



Carrot Brownies

Created by:

Jermarion Lee

4th Grade @ Carver Elementary



INGREDIENTS

Brownie Mix
Water

Carrots
Eggs

DIRECTIONS

Pour the brownie mix into a mixing bowl. Add the water and eggs as detailed on the brownie mix package. Shred the carrots and add to the brownie. Bake until the brownies are done. Insert a toothpick and when it comes out clean, your brownies are ready.

Enjoy!

Note: Recipes have not been tested