

Chef Recommends Pampering Mom WITH GORGEOUS GOLDEN OMELET

By AnnElise Makin

With Mother's Day coming up, consider cooking a brunch for the most precious person on earth while pampering your mom and yourself, too, all with the right cooking utensils.

Red Mountain's leading Pampered Chef consultant Trudy Maples envisions a Gorgeous Golden Omelet for her mom. This eye-pleasing, delight-filled croissant ring is so much more than just an omelet—a delicacy to be remembered.

"I just give this a few pushes, and there, it's done," Trudy demonstrated with glee the new manual food processor, one of her favorite products. She added the diced onions, red pepper, and jalapeño to the buttered pan.

Trudy was cooking up a mild storm in her recently renovated and antique-styled kitchen. In a jiffy, with all ingredients and implements in practical reach, the recipe was assembled. Obviously, Trudy had a lot of show cooking experience.

For the Gorgeous Golden Omelet, Trudy laid out a blazing star of Pillsbury croissant

triangles on a pizza stone. She whisked the egg and cream cheese mixture while the vegetables were sautéing. She then grated cheddar cheese and diced the ham.

Finally, all ingredients for the colorful omelet were blended together. Trudy spooned the mixture on the croissant star and wrapped the corners around the filling. She then put the pastry in the oven to bake for 25 minutes.

"Everybody here in Red Mountain Ranch knows me," Trudy joked. "I love my hosts and customers, and I have been so grateful to serve many of our friends in the community."

Trudy and her family have lived in Red Mountain Ranch for 11 years. She has been a Pampered Chef consultant for all this time and a few years prior.

At peak times, the Maples form an efficient team. Trudy's husband, Nathan, formerly the youth minister for Red Mountain Community Church, invariably helps out with shows, catering and business needs. Their daughter, Breanna, a student at Arizona Christian University, and their son, Jared, a Red Mountain High School senior, assist with hostess appreciation parties and fund-raising events.

Trudy started with Pampered Chef in 1996, in Tucson then, to generate a supplemental income. Meanwhile, she has been pulling record numbers for the company. She achieved highest sales in August 2010, and earned second highest in January 2011 among some 65,000 consultants nationwide.

Last year, Trudy also received the One Million Dollar Sales Award. In 30 years since the company was founded, only 108 consultants have reached the one million mark. Trudy does up to 10 shows a week. She has conducted some 2,000 Pampered Chef cooking presentations.

"I have always been in sales, even during high school when I was a top seller at an electronics store," Trudy reported. The cooking entered later. "I was not a good cook," she admitted, "making the same dinners all over." But the Pampered Chef propelled her to mastery of the cuisine arts.

Friends have told Trudy, "I just love to eat at your house." She has taken to entertaining quite a bit because she has learned to cook fast with amazing products. Recently, she has started catering for parties, preparing food at clients' houses.

Her original enthusiasm, however, is in sales. She will explore every possibility in her mind to correlate each kitchen tool with her clients' lifestyle and daily needs. Trudy always has an answer, honestly, in the best interest of the client.

Another key to success is since Pampered Chef already rewards hostesses generously with free products and discounts, Trudy gifts her hostesses with many extra culinary implements at her annual appreciation party. She also caters a delectable buffet for the event. So, the fun and reputation make ripples ahead of her.

Charity factors in, as well. Every year, Trudy selects a beneficiary. For example, last year she selected Streetlight for troubled teens in Phoenix. Hostesses may elect to donate their percentage to a certain cause. Trudy raised or donated more than \$7,000 last year for various charities.

Just now, the oven timer chimes. It's time to take the Gorgeous Golden Omelet out. It does, indeed, look like a royal treatment. With the mega lifter, Trudy carefully transports the baked ring from the pizza stone to the serving platter. She cuts a piece of the omelet for tasting.

It's delicious! The buttery flakes of crust melt in the mouth to reveal the rich, creamy and delightfully garnished omelet filling. I don't have to imagine any more how much my mom would love it. She will—and maybe the chopper, too. ■

If you are interested in leaning about healthy and tasty cooking recipes, ordering high quality kitchen tools, hosting shows or asking questions in general, go to Trudy's Pampered Chef Web site at www.pamperedchef.biz/TrudyMaples.

If you are interested in party catering or personal chef services, you can contact Trudy at www.Trudychef.blogspot.com. For more information, call (480) 396-7992.



GORGEOUS GOLDEN OMELET

Omelet

- 4 ounces cream cheese
- 1/4 cup milk
- 1 tsp flour
- 8 eggs

Add Ins

- 1 red bell pepper
- 1 sweet onion
- 1 small jalapeño
- 1/2 pound deli ham diced (smoked) or a couple tablespoons of sweet butter for a meatless omelet
- 2 cups shredded cheddar cheese

Pastry Wrap

- 2 packages (8 ounces each) refrigerated crescent rolls (Pillsbury)

Directions:

1. Preheat oven to 375° F.
2. In mixing bowl, whisk cream cheese and milk; add flour and whisk until smooth. Add the 8 eggs and whisk them in. Set aside.
3. In a stir fry skillet, melt 2 tablespoons of butter and add 1/2 cup chopped red bell pepper and 1/2 cup chopped onion. Sauté until tender, then add in a bit of chopped jalapeño, if desired, for flavor and spice.
4. Remove veggies from skillet, and cook the egg mixture in the pan with a little butter until done. Then add the peppers and onions back in. Heat together.
5. Add 1 cup of cheddar cheese and 1 cup of diced ham to the skillet, and toss until cheese is melted. Turn off heat, and set aside.
6. On a large, round baking stone, unroll two 8-ounce packages of crescent rolls; separate into 16 triangles. Arrange triangles slightly overlapping, in a circular star shape with the wide ends 4 inches from the edge of the baking stone (points will extend off the edge of the stone).
7. With a large scoop, transfer the omelet onto the wide end of the circle; pull the points up and over, making a ring.
8. Bake for 25 minutes or until golden brown. Serves eight. Enjoy!

For more information about Pampered Chef and additional recipes, go to www.pamperedchef.biz/TrudyMaples.





DreamBody

Your Complete Lipo-Care Specialists
at the Anti Aging Institute of Arizona

DreamBody

at dream prices

DreamBody Centers offers the most advanced, permanent liposuction procedure, using laser lipolysis and ultrasound suction with tumescent local anesthesia. There are no stitches, and most patients go back to work in a few days.

Prices starting at \$1900



Paul Alexander Budnick, M.D.

www.azlipo.com

1-866-660-1163

HCG METABOLIC WEIGHT LOSS

MEDICALLY SUPERVISED WEIGHT LOSS

KEY FEATURES INCLUDE:

- DETAILED HISTORY AND EXAMINATION
- INSTRUCTIONAL MANUAL WITH RECIPES
- REVIEW OF BLOOD CHEMISTRY: CBC AND CMP
- WEEKLY B-12 SHOTS
- 26 or 46 DAY PROGRAMS
- MEDICAL SUPPORT