



From the Desk of Chef Ken G. Moser

## **Healthy Gourmet Meals in 30 mins**

Spring 2026 semester: Feb 2-April 17

Time: Wednesday from 9 am to 10:30 am.

This is a Hybrid class live and on zoom

Ken Moser

702-401-7823

[Chefmoser1@icloud.com](mailto:Chefmoser1@icloud.com)

### **Class overview for fall Semester**

Each week I will cook two meals. This is 10 weeks of home-cooked meals right in front of you in 30 minutes or less.

With recipes and approximate cost. I will be picking from local stores and Sam's or Costco and Ingredients from local Supermarkets.

The goal of this class is to prepare and show participants how to prepare foods and meals, for better and healthier meals.

I will be preparing 2 meals each class.  
With a raffle for each class for who gets the meals.

We will have a question-and-answer time for each meal and I will always welcome input. I hope each week will help make participants cook healthier meals for a better lifestyle.

Each week I will have a menu and recipes for each meal. One of the real tests each week will be, this isn't a regular kitchen. So, I will be doing this with very little equipment.

Hopefully this will assist you, in making the decision to make better meals each day, for a Healthy and Balanced Diet and better life.

Any suggestions and ideas for meals will be appreciated. Please contact me for anything you would like to see me cook.

Thank you for signing up for this class.  
We together we will have a great Spring semester.

Thank you:  
Executive Chef Ken G. Moser