

PRESS RELEASE

FOR IMMEDIATE RELEASE

Malory Speir, Editorial Coordinator
Simply Gluten Free, Inc.
Phone: 727-738-5735
malory@simplygluten-free.com

Carol Kicinski starts the year off right with a fun, flavorful recipe on this month's *Daytime* TV episode

Tampa, Fla. – Founder and editor-in-chief of *Simply Gluten Free* magazine, Carol Kicinski, will share her recipe for Zucchini Noodle Carbonara with viewers of *Daytime* TV, airing this Thursday, January 21st.

A lighter alternative to pasta, zucchini noodles are fun to make and are naturally gluten-free. Kicinski's recipe is sure to be a hit with viewers and the show hosts, alike. To get the recipe, [click here](#).

The segment, seen on NBC-based WFLA-Tampa Bay, is the longest-running gluten-free cooking show on TV. This month's episode airs at 10 a.m. or 11 a.m., depending on your local station.

Kicinski has been developing gluten-free recipes for more than 20 years. This gluten-free recipe is one of nearly a thousand recipes Kicinski has developed and featured on her website, www.simplygluten-free.com.

Kicinski is currently in her sixth season on the show and brings a new recipe and useful tips to each monthly episode. Show hosts Jerry Penacoli, Cyndi Edwards, and Jenn Holloway are always delighted to try Carol's recipes and are consistently surprised that they taste just the same, if not better, than traditional gluten-filled foods.

The show typically airs the third Thursday of each month and is syndicated to more than 130 U.S. markets, reaching 191 television stations in more than 140 cities and DISH TV.

Look for Carol's new recipe this week and check back every month for even more delicious, gluten-free recipes.



Carol Kicinski, left, with show host Jenn Holloway on Daytime TV

About Carol Kicinski:

Carol is a magazine editor-in-chief, monthly syndicated TV chef, cookbook author and popular website blogger. Diagnosed with gluten sensitivity more than 20 years ago, Kicinski has since become a well-known gluten-free personality. She is the founder and editor-in-chief of *Simply Gluten Free* magazine, one of the top gluten-free magazines in America. Carol is in her sixth season as a monthly syndicated gluten-free chef on NBC-based WFLA-Tampa Bay's *Daytime* TV show. She is the author of three successful cookbooks and has been published in more than 650 newspapers and magazines across the country. *Simply Gluten Free* can be viewed at www.SimplyGluten-Free.com

You have permission to publish this press release electronically or in print, in whole or in part. A courtesy copy of your publication would be appreciated. If you would like to interview Carol Kicinski, founder of Simply Gluten Free, contact Malory Speir.