

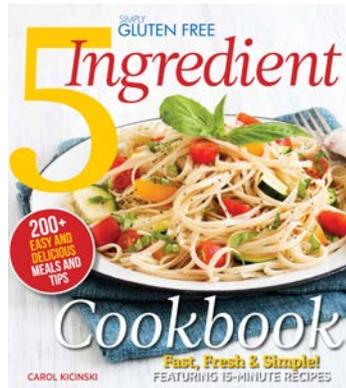
PRESS RELEASE

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Carol Kicinski shares an easy gluten-free recipe on an upcoming episode of *Daytime TV*

Tampa, Fla. – Founder and editor-in-chief of *Simply Gluten Free* magazine, Carol Kicinski, continues with her monthly appearances on *Daytime TV*, offering up a delicious and quick gluten-free recipe. This Thursday, May 19th, Kicinski will share her recipe for [Tex Mex Skillet Mac & Cheese](#), a recipe that is part of her upcoming cookbook, *5 Ingredient Cookbook*, launching in June.



Kicinski's recipe is sure to be a hit with viewers, and with just five ingredients – not including water, oil, salt, or pepper – it will become a favorite staple for quick weeknight dinners.

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 and Cyndi Edwards 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.

Carol's cooking segment typically airs the third Thursday of each month. *Daytime* 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.



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

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