

PRESS RELEASE

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Carol Kicinski to host live chat with Lagasse Girls on her Simply Gluten Free Facebook page



Carol Kicinski, founder and editor-in-chief of *Simply Gluten Free Magazine*, will host a Facebook Party with the Lagasse Girls on Friday, September 12, from 2-3pm CST.

Jilly Lagasse and Jessie Lagasse Swanson, better known together as the Lagasse Girls, are the daughters of celebrity chef Emeril Lagasse. Growing up, the girls were raised on full flavor creole-style cooking. Years later, Jessie was diagnosed with gluten sensitivity and Jilly with Celiac disease. The two made it their mission to rediscover great-tasting food gluten-free.

After recently being interviewed by *Simply Gluten Free Magazine* for an article in an upcoming 2015 issue, it is now time for the magazine's Facebook fans to ask their questions of this gluten-free duo.

"Social media is the best," says Jilly. "We love having the opportunity to speak directly with our fans and to swap stories, and even recipes with them. We're thrilled to get to speak with the Simply Gluten Free Facebook fans!" Jessie adds, "Thank you to Simply Gluten Free for hosting this Facebook party! We're big fans of the magazine and are looking forward to chatting with your fans." Both Jilly and Jessie will respond to questions and comments on a special Lagasse Girls post on the Simply Gluten Free Facebook page during the allotted hour.

"I am so excited to be partying with the Lagasse girls on Facebook!" enthuses Carol Kicinski. "Their new book, *The Lagasse Girls' Big Flavor, Bold Taste and No Gluten*, promises to be an inspiring and welcome addition to our cookbook collections. To be quite honest, I have had a culinary crush on their dad, Emeril, for years!"

Fans of the Lagasse Girls will have opportunities to win signed copies of *The Lagasse Girls' Big Taste, Bold Flavor, and No Gluten*, out October 14th, through various social media contests this autumn. Follow @LagasseGirls and like Lagasse Girls on Facebook for contest information and the latest on cookbook news and appearances. Like Simply Gluten Free on Facebook and visit the page on September 12 at 2 pm CST to chat with the Lagasse Girls.



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 fifth 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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