



# **The Lagasse Girls' Big Flavor, Bold Taste--and No Gluten!: 100 Gluten-Free Recipes from EJ's Fried Chicken to Momma's Strawberry Shortcake**

*Jilly Lagasse, Jessie Lagasse Swanson*

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When you have to give up gluten, either for yourself or a family member, you may think you have to say good-bye to all of the comforting foods you love. It's hard enough adopting a new way of eating, but the idea of giving up your favorite fried chicken, mac 'n' cheese, or oatmeal raisin cookies is downright unfair and intimidating (and if your kids are the ones diagnosed, it can be even more difficult!). It's a story Jilly and Jessie Lagasse know well.

With a father famous for his bold Creole cuisine, Jilly and Jessie grew up loving rich foods full of big flavor. When they learned they both had to eliminate gluten, the Lagasse girls made it their mission to demonstrate that "gluten-free" doesn't have to mean "flavor-free." After years of gluten-free eating and experimentation, they're here to help you re-create classic recipes and all-time favorites made without gluten—without sacrificing any of the signature flavors that make them so irresistible.

Using everyday ingredients you can find at most grocery stores, Jilly and Jessie share recipes for breakfasts, lunches (including hearty salads and soups), appetizers, mains, and, of course, scrumptious desserts. With dairy-free and quick-and-easy options as well, Jilly and Jessie make gluten-free eating simple and extraordinarily delicious—whether you're cooking for one or two, hosting a family get-together, or feeding the whole Little League team.

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