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Lemon,
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SUPERSTAR
QUINOA

*Super
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SUPERFOODS

From quinoa to açai, ingredients dense with restorative nutrients are popping up on the menus of the country's top chefs. We've gathered some of the very best recipes, selected foremost for their deliciousness and then for the bonus of good health. The upshot? Dishes designed to bring dazzling, vibrant flavor to every meal of your day

BY HALLIE LEVINE PHOTOGRAPHED BY MARCUS NILSSON

BREAKFAST

LEMON, POPPY SEED & QUINOA PANCAKES

Fragrant with fresh lemon zest, these delicate yet satisfying pancakes won't send you into a brunch coma. Chef Stéphane Beaucamp of the stylish Lake Austin Spa Resort in Austin, Texas, makes them with quinoa ("the closest thing you can get to a perfect food, full of fiber and a complete protein") along with crunchy poppy seeds for texture. More to love: They're gluten-free, and

the batter can be made up to three days ahead and chilled in the fridge.

Serves 6 / Total time: 45 minutes

- 2 cups brown rice flour
- 2 cups quinoa flour
- 2 tbsp baking powder
- 1 tsp baking soda
- ½ tsp kosher salt
- 4 tbsp poppy seeds

- Grated zest of 2 lemons
- 4 tbsp agave
- 2 cups low-fat buttermilk
- 8 large eggs
- 4 tsp lemon extract
- 2 tbsp grape-seed oil
- Vegetable oil for cooking
- Maple syrup for serving
- Mixed berries for serving

- 1 Mix all dry ingredients. 2 Mix all wet ingredients. 3 Combine dry and wet ingredients until just mixed. 4 Heat a nonstick skillet over medium-high heat. Reduce to medium; brush griddle with vegetable oil. 5 Spoon on batter to form 3" pancakes. Cook until golden. 6 Serve with syrup and berries.



LUNCH

KALE SALAD with CURRANTS & PECORINO

As any clever cook knows, you consume everything with your eyes first. Case in point: this brilliant green salad, dancing with fresh mint and paper-thin radish coins, that's served up at wonder chef Jean-Georges Vongerichten's ABC Kitchen in N.Y.C. "The slight bitterness of the kale is balanced by the sweetness of the currants," says Vongerichten,

who swaps in other cheeses like Manchego or Parmesan to suit individual tastes. One cup of kale, by the way, contains only 33 calories and is packed with protein, brain-boosting B vitamin, heart-helping omega-3 fatty acids, and nutrients that help protect your eyes.

Serves 4 / Total time: 40 minutes

- 1 bunch lacinato kale, stems discarded and leaves cut crosswise into ¼" ribbons
- ½ cup shaved pecorino cheese
- 3 tbsp extra-virgin olive oil
- 1 tbsp freshly squeezed lemon juice
- Kosher salt
- Freshly ground black pepper

- ⅓ cup pine nuts
- ¼ cup currants
- 3 medium radishes, thinly sliced
- ½ serrano chili, thinly sliced
- Mint leaves, both whole and sliced

- 1 Preheat oven to 350°F. 2 In a large bowl, toss kale with ¾ of the pecorino, plus the olive oil and lemon juice; season with salt and pepper. Let sit for 10 minutes to tenderize the kale. 3 Meanwhile, place pine nuts in a metal pan; toast in the oven for 5 minutes until slightly browned. Transfer to a bowl; let cool. 4 Just before serving, sprinkle pine nuts, currants, radishes, chili, and mint over the kale, and toss. Garnish with the remaining pecorino.

