

# It’s time to get over your unfounded fears of turkey burgers

By **KATIE WORKMAN**  
*Associated Press*

It really is time for all of us to get over our hesitation about turkey burgers. I get that people are nervous about turkey burgers being dry and flavorless, but that really isn’t necessary. Avoiding a dry, tasteless turkey burger — or any type of burger, for that matter — is easy. Start by not overcooking them. Kind of obvious, but true. Get the burgers off the grill as soon as they hit 165 F. And during cooking, never press down on the patties with the spatula. That squeezes out all the delicious juices no matter what meat you are using. With turkey burgers, it also helps to use a mix of dark and light ground turkey, which adds a bit more fat and flavor. Ground turkey labeled “93 percent lean” will have enough dark meat mixed in to keep it moist and delicious. I try to avoid 99 percent lean ground turkey, which can produce those tasteless burgers we all fear. You also can add an ingredient or two to the meat to help keep them juicy, plus lend a boost of flavor. Play around with all



AP Photo/Matthew Mead

## Chipotle barbecue turkey burgers.

kinds of ingredients, from ketchup and mayonnaise to shredded apple and sauteed onions. A touch of olive oil doesn’t hurt either, both as a juiciness enhancer and a flavor booster. In my recipe, the oil is used along with barbecue sauce and the mild heat of chipotles in adobo sauce to add both flavor and moisture. Chipotles packed in adobo sauce usually come in small cans. I used them pureed in this recipe. Just

dump the entire can in a food processor or blender, then puree until smooth. Leftovers can be frozen in small amounts (ice cube trays are handy for this) and kept on hand for future recipes. If you don’t wish to grill them, the burgers can be cooked in a lightly oiled skillet or under the broiler for roughly the same amount of time. There is a sauce that goes along with these burgers, but you are

welcome to use plain old mustard or ketchup if you prefer. I wish for world peace, and for more people to like turkey burgers. Today I’ll start with turkey burgers. *Katie Workman has written two cookbooks focused on easy, family-friendly cooking. “Dinner Solved!” and “The Mom 100 Cookbook.” She blogs at <http://www.themom100.com/>*

## CHIPOTLE BBQ TURKEY BURGERS

**Start to finish:** 20 minutes  
**Servings:** 4  
**For the sauce:**  
• 3 tablespoons mayonnaise  
• 1 teaspoon pureed chipotles in adobo  
• Kosher salt and ground black pepper  
**For the burgers:**  
• 1 tablespoon olive oil  
• 1/4 cup finely chopped scallions  
• 1/4 cup barbecue sauce  
• 2 tablespoons panko breadcrumbs  
• 2 teaspoons pureed chipotles in adobo  
• 1 pound 93 percent lean ground turkey  
• Kosher salt and ground black pepper  
Heat the grill to medium-high. To prepare the sauce, in a small bowl mix together the mayonnaise, chipotles and a hefty pinch each of salt and pepper. Set aside. In a small skillet over medium, heat the olive oil. Add the scallions and saute for about 4 minutes, or until the scallions are softened. Transfer to a large bowl, then add the barbecue sauce, breadcrumbs and pureed chipotles. Stir well, then add the turkey and a generous pinch each of salt and pepper. Using your hands or a spoon, mix well, but try to handle the meat gently. Form the mixture into 4 patties, pressing slightly to create indentations at the center of each. Grill the burgers for about 5 minutes on each side, or until they are cooked through and have reached an internal temperature of 165 F. Place the cooked burgers on the bottom halves of the buns, then top with the sauce and layer on onion, tomato and lettuce. *Nutrition information per serving: 440 calories; 200 calories from fat (45 percent of total calories); 22 g fat (4.5 g saturated; 0 g trans fats); 90 mg cholesterol; 800 mg sodium; 33 g carbohydrate; 2 g fiber; 10 g sugar; 26 g protein.*



AP Photo/Matthew Mead

## Peach blueberry frozen pops

# Stock your freezer with fruit while you can — and make pops!

By **MELISSA D’ARABIAN**  
*Associated Press*

The autumn produce season catches me off-guard every year. As we glide from the hot days of August into the cooler months ahead, we never quite know when the magic moment arrives that we have seen our last bit of fresh summer fruit in the produce aisle. Sure, we can get peaches all year if we insist (and are willing to pay a small fortune), but they just aren’t nearly as delicious. The good news is that so many summer fruits freeze quite well. It’s a great excuse to stock up when things are seasonal (and more affordable) and freeze them for later. Peaches and most berries are particularly great candidates for this. In fact, my easy recipe for peach-blueberry frozen pops is a great way to use some of your frozen stash any time of year. Low-calorie peaches (about 60 calories a cup) and blueberries (about 80 calories a cup) bring their natural sweetness along with plenty of nutrients to these refreshing and pretty little treats. Coconut milk makes the pops creamy and gives just a hint of coconut (add coconut extract if you want more coconut flavor). The best part about frozen pops is that they take a long time to eat, which means my family can enjoy a leisurely dessert without overdoing the sugar.

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## PEACH-BLUEBERRY FROZEN POPS

*For richness, this recipe uses coconut milk, the variety sold in cartons as a beverage. If you can’t find that, substitute canned light coconut milk.*  
**Start to finish:** 15 minutes, plus freezing  
**Servings:** 8 (depending on mold size)  
• 1 cup chopped peaches (about 1 large peach), fresh or frozen  
• 3/4 cup low-fat plain Greek or regular yogurt  
• 3 tablespoons honey  
• 1/3 cup coconut milk  
• 1/2 teaspoon vanilla or coconut extract  
• 1 teaspoon lemon juice  
• 1/2 cup blueberries, fresh or frozen  
In a blender, combine everything but the blueberries, then puree until smooth. Stir in the blueberries, then divide the mixture among frozen pop molds. Add the sticks and freeze for at least 8 hours. *Nutrition information per serving: 60 calories; 5 calories from fat (8 percent of total calories); 0.5 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 15 mg sodium; 11 g carbohydrate; 1 g fiber; 10 g sugar; 2 g protein.*

# Deals pop up as airlines wage limited fare wars

By **SCOTT MAYEROWITZ**  
*AP Airlines Writer*

**ABOARD AMERICAN AIRLINES FLIGHT 1223** — Airline fare wars are making a comeback. Don’t expect widespread sales or cheap flights home for Thanksgiving. But a number of cities are seeing ridiculously low prices at off-peak hours — prices the industry has spent the years trying to eliminate. Fliers have been able to fly Chicago to Boston for \$80 roundtrip, San Francisco to Las Vegas for \$67 roundtrip and New York to Los Angeles, with a connection, for \$150 roundtrip. “This is the big break consumers have been waiting for in response to lower fuel prices,” says Seth Kaplan, managing partner of industry newsletter Airline Weekly. The price of oil is at the lowest level in six and a half years and the industry is saving billions of dollars on fuel, giving airlines leeway to cut fares but still post healthy profits. Airlines have also added larger, more efficient planes to their fleets while packing more seats into existing jets. So, while the number of domestic flights is down slightly over the past 12 months, there are now 3.4 percent more seats for sale — too many to meet the demand in all cities. To fill those extra seats, airlines have had to offer discounts. Still, airlines are being very selective. Forget finding a deal for busy holidays or on Mondays, Thursdays and Fridays when business travelers fly. The best prices are for flights on traditionally slow days like Tuesday, Wednesday and Saturday. And it helps if Southwest Airlines, Spirit Airlines or Frontier Airlines flies the route. For instance, Frontier recently had a sale for members of its club who pay an annual \$50 fee. Tickets were being offered for \$15 one-way including taxes. American Airlines and — to a lesser extent — Delta Air Lines and United Airlines are matching some of the discount fares. By doing so, they actually undercut the ultra-low-cost carries because Spirit and Frontier charge customers extra to use overhead baggage bins or to have a drink of water.



AP Photo/Nick Ut, File

**In this July 26 photo, a United Airlines passenger airplane passes over Whittier, Calif., on its way to Los Angeles International Airport. Fliers in certain markets are seeing bargain flights as fare wars make a limited return.**

“They’re trying to force them out of the market and they have the power to do this because they are making record profits,” says George Hobica, founder of travel deal site AirfareWatchdog.com. Spirit and Frontier each carries less than 2 percent of all domestic passengers. American, United and Delta made \$6.6 billion in combined profits during the first half of this year, so they afford to fight back on routes such as Chicago to Atlanta. American spokesman Casey Norton says the airline “constantly looks at how we compete against a wide variety of airlines — from low cost carriers to premium global brands.” Delta and United declined to comment. However, Delta has expanded its “Basic Economy” fare to more than 450 markets. Fliers booking these tickets typically save \$15 each way, but are not given advanced seat assignments, can’t cancel or change the flight and are last to board. Fare wars were destructive to the industry in the 1980s. Airlines were focused on being the largest carrier on a route, even though it often meant

losing money. Today’s airline industry is more disciplined, so the fare wars cause much less damage. The airlines still collect substantial fares on highly profitable business routes and for holiday travel. Additionally, they take in billions in dollars fees for checked baggage fees and other things that were included in the ticket price back in the 1980s. Even passengers unable to take advantage of today’s bargain-basement deals are getting a tiny bit of relief. The average cost of a roundtrip domestic ticket, including taxes, purchased during the first seven months of this year was \$494.12. That’s down \$5.41, or 1.1 percent, from the same period last year, according to the Airlines Reporting Corp., which processes ticket transactions for airlines and travel agencies. Prices are still higher than they were in 2011, 2012 and 2013, even when adjusted for inflation. And the small drop in ticket prices is nothing compared to the 31-percent savings airlines have seen on their fuel bills since the start of this year.

# Officials reopen Waikiki beach after sewage spill

**HONOLULU (AP)** — Hawaii officials on Wednesday reopened world-renowned Waikiki beach after water quality tests showed bacteria levels there declined since a large sewage spill nearby earlier this week. Keith Kawaoka, the deputy director of the state Department of Health, said his agency had authorized Honolulu to take down warning signs from Waikiki and Ala Moana beaches. “The indication is that the levels have come down dramatically from yesterday to indicate that we can open at least those beach areas,” Kawaoka told reporters. Heavy rain associated with Tropical Storm Kilo caused manhole covers in Honolulu to overflow with sewage and the Honolulu Zoo to flood on Monday. This prompted officials to close a 4-mile stretch of



AP Photo/Cathy Bussewitz

**A boat maneuvers out to sea near Point Panic in Honolulu, Aug. 24.**

waterfront, including the ocean fronting some of Hawaii’s biggest hotels and the center of the state’s tourism-driven economy. Many tourists had to give up plans to swim in the ocean in the tourist district. Honolulu Mayor Kirk Caldwell said being able to reopen the area was a priority.

“We recognize — both at the state and county level — in terms of our economy there’s nothing more important than Waikiki,” he said. “We wanted to make sure that this event was over and it’s over in basically two days and a little bit more.” Kawaoka said warning signs will remain at the Ala

Wai and Kewalo boat harbors because water quality tests there indicated they were still affected by the spill. He said people should avoid coming into contact with the water in those areas. Lori Kahikina, Honolulu’s director of environmental services, said less sewage spilled than the half-million gallons the city initially reported. She said Wednesday 129,000 gallons of wastewater flowed into the ocean. Another 264,000 spilled on land but never reached the ocean. The city is expecting even more rain. The National Weather Service on Wednesday issued a flash flood for all of Oahu Island. A new tropical storm, Ignacio, meanwhile, formed east of the Hawaiian Islands on Tuesday and is forecast to become a hurricane.