Falafel

Ingredients:
1 box falafel mix
1 grated onion
2 grated carrots
2 grated zucchini
1 large potato, peeled and grated
1-2 eggs

Directions:
Mix falafel mix with onion, carrots, zucchini, potato, and eggs. Form into patties using ¼ cup measure.
Fry in a non-stick pan with cooking spray and 1 tbsp canola oil, adding more to subsequent batches if needed.
Serve with pita bread, prepared tahini (homemade or store-bought), chopped cucumbers and tomatoes.
Garnish with chopped parsley and a squirt of fresh lemon juice, if desired.

Submitted by: Miriam Gross