Here is a hearty and satisfying side dish that will make even the staunchest meat eater happy.

Pasta with Greens

2 Tbs (30 ml) olive oil
1 medium onion, finely chopped
2 red bell peppers, cored, seeded, and chopped
2–4 cloves garlic, finely chopped
1/2 tsp (2 ml) crushed red pepper flakes, or to taste
1 15-ounce (420 g) can cannellini or white kidney beans, drained and rinsed
5 cups (1.25 L) chopped kale, Swiss chard, mustard greens, or other greens
1/2 cup (125 ml) water
Salt and freshly ground pepper to taste
1 lb (450 g) pasta shape of your choice, cooked according to package directions and drained
Freshly grated Parmesan cheese for garnish

Heat the oil in a large skillet over moderate heat and saute the onion, bell peppers, and garlic until the onions are tender but not brown, about 10 minutes. Add the crushed red pepper flakes and cook for 1 minute. Add the beans, greens, and water and cook covered over moderate heat until the greens are tender, about 10 minutes. Season with salt and pepper and toss with the cooked pasta. Serve with freshly grated Parmesan cheese. Serves 4 to 6.