

Baking

- Flour 1tbsp

Condiments & Spices

- Crushed red pepper flakes $\frac{1}{4}$ tsp
- Dried oregano $\frac{1}{2}$ tsp
- Garlic powder $\frac{1}{2}$ tsp
- Olive oil 1 tbsp
- Pepper to taste
- Salt to taste

Meat

- Chicken breasts 2 large

Beverages

- Dry white wine or chicken broth 0.5 cup

Dairy

- Butter 1tbsp
- Parmesan cheese cup

Vegetables

- Basil 1 small handful
- Garlic 4 cloves