Chicken Fricassee with Browned Butter Noodles

6 ounces whole wheat egg noodles

1 Tablespoon olive oil

1 pound boneless, skinless chicken breasts

3/4 teaspoon salt

1/2 teaspoon pepper

1 1/2 cups milk

1 1/2 Tablespoons flour

2 cups chopped carrots

1 cup chopped onion

1 cup chopped celery

1 Tablespoon thyme

4 cloves garlic, minced

8 ounces sliced mushrooms

1/2 cup dry white wine

1 1/2 cups chicken broth

1 1/2 Tablespoons butter

2 Tablespoons fresh parsley, chopped

Cook noodles according to directions. Drain.

Sprinkle chicken with 1/4 t. salt and pepper.

Heat oil in skillet and cook chicken 4 minutes on each side.

Combine 1/4 c. milk and flour.

Remove chicken from pan.

Add carrots, onion, celery, thyme, garlic and mushrooms to pan.

Cook 6 minutes.

Stir in wine and cook 1 minute.

Stir in 1/4 t. salt, 1/4 t. pepper, 1 1/4 c. milk and stock.

Bring to a boil .

Stir in flour mixture.

Reduce heat, cover and simmer 5 minutes.

Return chicken to pan and cook through.

Brown butter in saucepan.

Combine cooked noodles, butter and 1/4 t. salt.

Divide noodle mixture among 4 plates.

Top with chicken, sauce and parsley.