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Chicken & Noodle Creamy Casserole

- 1 Pound skinless boneless chicken breast halves
- 1 1/2 Cups (about) water
- 2 Large garlic cloves, minced
- 1 Bay leaf
- 1/3 Cup all purpose flour
- 2 Tbsp cornstarch
- 2 Cups low-fat (1%) milk
- 1 Tsp dried tarragon
- 1 Tsp salt
- 1/8 Tsp ground nutmeg
- 1/4 Cup dry white wine
- 1 10-ounce package frozen spinach, thawed, squeezed dry
- 8 Ounces spinach fettuccine
- 8 Ounces mushrooms, sliced
- 1 1/2 Tsp olive oil
- 3/4 Cup coarse breadcrumbs
- 1/4 Cup freshly grated Parmesan cheese

Combine chicken, 1 cup water, garlic and bay leaf in large saucepan. Cover and simmer just until chicken is cooked through, turning once, about 15 minutes.

Transfer chicken to plate; cool. Shred chicken.

Pour cooking liquid into measuring cup, adding more water to measure 1 cup if necessary. Reserve cooking liquid.

Whisk flour and cornstarch in heavy large saucepan. Add 1 cup milk; whisk until smooth. Stir in 1 cup milk, tarragon, salt, nutmeg and reserved 1 cup chicken cooking liquid.

Stir over medium heat until mixture thickens and boils, about 5 minutes. Add wine; stir until mixture is very thick, about 2 minutes longer. Remove from heat.

Stir in shredded chicken and spinach. Cover and chill. Reheat over medium-low heat, stirring frequently, before continuing.) Preheat oven to 400 degrees.

Oil 11 x 7 x 2-inch glass baking dish. Cook fettuccine in large pot of boiling salted water until just tender but still firm to bite. Drain. Return to pot. Add mushrooms and chicken mixture; toss. Season with salt and pepper.

Transfer to prepared baking dish. Heat oil in small nonstick skillet over medium-high heat. Add breadcrumbs; stir 1 minute. Sprinkle over casserole. Bake until casserole bubbles and breadcrumbs are golden, about 20 minutes. Let stand 10 minutes.

Sprinkle with Parmesan and serve.

Makes 6 Servings