Rio Grande Quesadillas

2 cups shredded chicken

¾ cup water

1 envelope taco seasoning

1 cup refried beans

2 Tablespoons vegetable oil

6 Flour tortillas

1 1/2 cups Mexican cheese

1/4 cup cilantro (optional)

1/4 cup green onions (optional)

In saucepan, bring chicken, water and seasonings to a boil.

Reduce heat and simmer for 10 minutes.  Stir in beans.

Spoon 1/3 cup mixture over ½ of each tortilla.

Top with onions, cilantro and cheese.

Cook in oil for 1-2 minutes on each side.

Cut into wedges.