Here's a healthy fish recipe from the VA's Healthy Teaching Kitchen.

Lime Fish Tacos

(Yield: 8 servings; Servings size: 1 taco)

Ingredients:

1 lb Cod, thawed and cut into 1 inch cubes
1 Tbsp Canola oil
1 tsp Minced garlic
Juice of one lime
1/4 tsp Black pepper
1/2 tsp Chili powder
2 Tbsp Reduced fat sour cream
2 Tbsp Reduced fat mayo
Hot pepper sauce to taste
8 8 inch whole wheat tortillas
1 cup Shredded lettuce
1 cup Chopped tomato

Preparation:

1. Place fish in a microwave safe dish. Coat with oil, garlic, juice from half a lime, black pepper, and chili powder. Cover dish with parchment paper or lid.
2. Cook in microwave for 5-7 minutes. Fish should flake easily with a fork. Let stand 3 minutes.
3. Meanwhile, combine sour cream, mayo, hot pepper sauce, and juice from the other lime half in a bowl.
4. Place tortillas on a plate and warm in microwave for 15 seconds.
5. Place a spoonful of fish on each tortilla and top with lettuce, tomato, and sour cream sauce.

Nutrition information (per serving):

Calories: 299 kcals
Total fat: 11g
Sodium: 125mg
Carbohydrate: 28g
Fiber: 5g