

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL
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[X] Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or
Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person -* SALTZ MITCHELL A (Last) (First) (Middle) 3481 PLANO PARKWAY (Street) THE COLONY, TX 75056 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol Quest Resource Holding Corp [QRHC]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input checked="" type="checkbox"/> Other (specify below) Former Director and 10% Owner
3. Date of Earliest Transaction (MM/DD/YYYY) 4/11/2019		6. Individual or Joint/Group Filing (Check Applicable Line) <input type="checkbox"/> Form filed by One Reporting Person <input checked="" type="checkbox"/> Form filed by More than One Reporting Person
4. If Amendment, Date Original Filed (MM/DD/YYYY)		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	4/11/2019		S		1950000	D	\$1.50	1718863	I	By Southwest Green Investments, L.L.C. (1)
Common Stock	4/11/2019		S		305088	D	\$2.00	1413774	I	By Southwest Green Investments, L.L.C. (1)
Common Stock	4/11/2019		S		1444912	D	\$2.00	0	I	By Stockbridge Enterprises, L.P. (2)
Common Stock								1500	I	By Trust (3)

Table II - Derivative Securities Beneficially Owned (e.g. , puts, calls, warrants, options, convertible securities)

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:

- (1) The shares are owned directly by Southwest Green Investments, L.L.C. ("Southwest Green"), a former ten percent owner of the Issuer, and indirectly by Mitchell A. Saltz ("Saltz"), a former director and ten percent owner of the Issuer. Saltz controls the investment decisions of Southwest Green. Southwest Green is owned by a limited partnership in which Saltz owns an indirect interest.
- (2) The shares are owned directly by Stockbridge Enterprises, L.P. ("Stockbridge"), of which Saltz controls the investment decisions. Stockbridge is owned by a limited partnership in which Saltz owns an indirect interest.
- (3) The shares are owned directly by the Saltz & Noreen Revocable Family Trust.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SALTZ MITCHELL A 3481 PLANO PARKWAY THE COLONY, TX 75056				Former Director and 10% Owner
Southwest Green Investments, L.L.C. 3481 PLANO PARKWAY				Former 10% Owner

Signatures

Laurie L. Latham, as attorney-in-fact 4/15/2019
--Signature of Reporting Person Date

Laurie L. Latham, as attorney-in-fact 4/15/2019
--Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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