

# FORM 4

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

OMB APPROVAL  
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## 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 * <b>Nolan Stephen A</b> <small>(Last) (First) (Middle)</small> <b>C/O QUEST RESOURCE HOLDING CORP, 3481 PLANO PARKWAY</b> <small>(Street)</small> <b>THE COLONY, TX 75056</b> <small>(City) (State) (Zip)</small>	2. Issuer Name and Ticker or Trading Symbol <b>Quest Resource Holding Corp [ QRHC ]</b>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)
	3. Date of Earliest Transaction (MM/DD/YYYY) <b>1/31/2021</b>	
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	1/31/2021		A		1146 (1)	A	\$2.52	26951	D	
Common Stock	2/28/2021		A		959 (1)	A	\$3.01	27910	D	
Common Stock	3/31/2021		A		740 (1)	A	\$3.90	28650	D	
Common Stock	4/30/2021		A		758 (1)	A	\$3.81	29408	D	
Common Stock	5/20/2021		A		15000 (2)	A	\$4.23	44408	D	
Common Stock								67000 (3)	D	

**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		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

**Explanation of Responses:**

- The reported securities represent deferred stock units granted under the Issuer's 2012 Incentive Compensation Plan in lieu of a portion of the Reporting Person's annual cash retainer for services as a member of the Issuer's Board of Directors. The shares of common stock underlying such deferred stock units shall be issued upon the Reporting Person's separation from service with the Issuer.
- The reported securities represent deferred stock units granted under the Issuer's 2012 Incentive Compensation Plan. The shares of common stock underlying such deferred stock units shall be issued upon the Reporting Person's separation from service with the Issuer.
- These shares represent shares of common stock of the Issuer held by the Reporting Person.

**Reporting Owners**

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
<b>Nolan Stephen A C/O QUEST RESOURCE HOLDING CORP 3481 PLANO PARKWAY THE COLONY, TX 75056</b>	<b>X</b>			

**Signatures**

/s/ Laurie L. Latham, as Attorney-in-Fact

5/24/2021

\*\*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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